

Creating & Setting Intentions Worksheet

Building our life one thought at a time



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Intention Setting Worksheet

Setting intentions is a powerful way to focus your energy and attention on what you want to achieve in your life. By defining clear intentions, you create a roadmap that guides your actions and decisions, helping you stay aligned with your goals and values. This practice allows you to cultivate a sense of purpose and direction.

To be successful with intentions, you have to have the right frame of mind. Remove any and all expectations, and remember that your focus should always be internally, not externally. Intentions have to be created with conviction, aligning with your true desires and beliefs. When setting an intention, it's important to feel deeply connected to it, as this fuels the energy behind your actions. Intentions are powerful because they anchor your mind and spirit, providing clarity and direction as you move forward in life.

Instructions: Take a moment to set clear intentions for the week ahead. Consider what you want to achieve or how you want to feel.

This Week's Intentions:

1. _____
2. _____
3. _____

Action Steps:

What steps can you take to align with these intentions?

Wrap Up and Next Steps

By regularly setting intentions, you can foster mindfulness and remain focused on your personal growth. Keep this worksheet as a reminder of your intentions and action steps. Review it frequently to track your progress and adjust your plans as needed to stay aligned with your goals. For more resources or to learn more about our services, visit our website at www.baransuserenity.com and schedule a free consultation today.