

# INTENTION SETTING PLANNER

2024





# CONGRATULATIONS

Congratulations on taking the first step in setting your intention for 2024!

The 'intention setting planner 2024', is a great opportunity to reflect on your previous year what you learned, how you have grown, your challenges, your wins, your acknowledgements in the past year, where you are today and where you are putting your intention to for the future.

Whether you are choosing to complete this workbook in an Intention Setting 2024 workshop, with a group of friends or by yourself... taking the time to write down where you are wanting your life to go, with the wisdom and acknowledgment that in your life, you have a choice.

The 'intention setting planner 2024', supports you you to celebrate your wins, find gratitude in your challenges and enjoy the process of setting an intention for what is yet to come.





## THE POWER OF INTENTION SETTING

In the intricate tapestry of human experience, the act of intention setting stands out as a powerful thread that weaves dreams into reality. Intentions serve as the compass guiding our actions, thoughts, and emotions, shaping the trajectory of our lives. This profound concept has gained considerable attention in various fields, from psychology to spirituality, as individuals seek to harness its transformative potential. In this exploration, we delve into the essence of intention setting, understanding its psychological underpinnings, exploring its impact on personal development, and delving into practical strategies for effective intention setting.

Intentions are the conscious and deliberate thoughts or plans that guide one's actions. Unlike goals, which are often outcome-oriented, intentions focus on the present moment and the qualities of experience one wishes to cultivate. Whether it's fostering gratitude, cultivating patience, or enhancing mindfulness, intentions provide a framework for aligning one's actions with their values and aspirations.





## THE POWER OF INTENTION SETTING

The psychological foundations of intention setting are deeply rooted in cognitive processes and behavioral psychology. Intentions serve as cognitive scripts that influence perception, attention, and memory, shaping how individuals interpret and respond to the world around them. Research in cognitive neuroscience suggests that setting intentions activates specific neural networks associated with goal-directed behavior, influencing the brain's information processing and decision-making mechanisms.

Positive psychology, a field that focuses on human flourishing and well-being, places significant emphasis on intention setting as a means to cultivate a positive and meaningful life. Intention setting aligns with the principles of positive psychology by encouraging individuals to identify and leverage their strengths, foster positive emotions, and cultivate a sense of purpose. Studies in positive psychology have shown that individuals who regularly set positive intentions experience higher levels of life satisfaction and overall well-being.





## THE POWER OF INTENTION SETTING

Intention setting plays a pivotal role in personal development, offering a roadmap for self-improvement and growth. By establishing clear intentions, individuals can navigate challenges, make informed decisions, and stay aligned with their values. The process of setting intentions facilitates self-reflection, prompting individuals to explore their motivations, desires, and aspirations. This introspective journey contributes to increased self-awareness, a cornerstone of personal development.

Mindfulness, the practice of cultivating present-moment awareness, is closely intertwined with intention setting. The two concepts complement each other, with mindfulness providing the foundation for setting conscious and intentional objectives. When individuals engage in mindfulness practices, such as meditation or mindful breathing, they create the mental space necessary to clarify their intentions and anchor themselves in the present moment. This synergy enhances the effectiveness of intention setting, fostering a deeper connection between one's aspirations and daily actions.





## **BEFORE WE GET STARTED**

TURNING DREAMS INTO  
INTENTIONS,  
INTENTIONS INTO REALITY

THANK YOU

Thank you – Gratitude

Being aware and recognising all the wonderful things we have to be appreciative for, rather than focussing on all the negative, sometimes allows those bad things not seem so bad.

Also gratitude have some amazing physical and emotional benefits. A lot of the time we take for granted everything's that is great in our lives and dwell on what we perceive is wrong, what we don't have or what we don't like.

ENERGY FLOWS TO WHERE ATTENTION GOES





# Celebrating and Acknowledging 2023

As the old saying of Alexander Bell goes..  
'when one door closes, another opens'. Let's close the door on  
2023, celebrating the wins and finding gratitude for those  
moments that may have been more challenging. By getting into  
the zone, being positive and in our hearts, through finding  
gratitude for aspects of our lives, allows us to become more  
positive and life giving.

James Redfield (author of Celestine Prophecy) Where  
attention goes energy flows, where intention goes, energy  
flows. So by allowing ourselves to focus on the positive, being  
grateful and feeling abundant, this aligns ourselves with our  
energy moving towards this.

So when we close the door on 2023 and begin setting our  
intention for 2024, we want to be mindful that we are in fact  
in a space of positivity, gratefulness and allowing abundance  
to flow.





# Celebrating and Acknowledging 2023 - The Wins.

The wins:

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The achievements:

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# Celebrating and Acknowledging 2023 - The Wins.

The happy/memorable moments:

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Places I went:

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# Celebrating and Acknowledging 2023 - The Wins.

Things I did for the first time:

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What I did differently:

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# Celebrating and Acknowledging 2023 - The Challenges.

Life challenges for 2023:

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Whoopsie or Uh-Oh moments:

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# Celebrating and Acknowledging 2023 - The Challenges.

Sad moments:

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Scary moments:

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# Celebrating and Acknowledging 2023 - The Challenges.

Frustrating moments:

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Any other significant moments:

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# Celebrating and Acknowledging 2023.

Sometimes in those moments we find most challenging we can quite easily fall into victim like behaviour of this is happening to me, which can be a limiting belief or pattern. If we allow ourselves to delve deeper into these moments we may find subconsciously that we are scared of what may happen or occur.

Can you think of an examples?

It is certainly not something to beat yourself about, rather to first have awareness and then to learn from it, heal it, change your perception around it.









# Life Lessons in 2023.

What did I learn about myself?

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How will I do it differently?

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# 2023 AMAZING LIST

Write 20 things or more about yourself or what you did that was amazing for the year.

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18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_





# TIME TO CELEBRATE

Time to celebrate and close out the year. Take a moment to read over and acknowledge your 2023 year, the challenges, the wins, the lessons, limiting beliefs. Place your hand on your heart and find gratitude for all those moments. In a life giving (positive) manner, think of 3 or 4 words that sum up your experiences, your memories, your 2023.

**This year was.....**

**... Thank you for every moment,  
I am now ready for 2024**

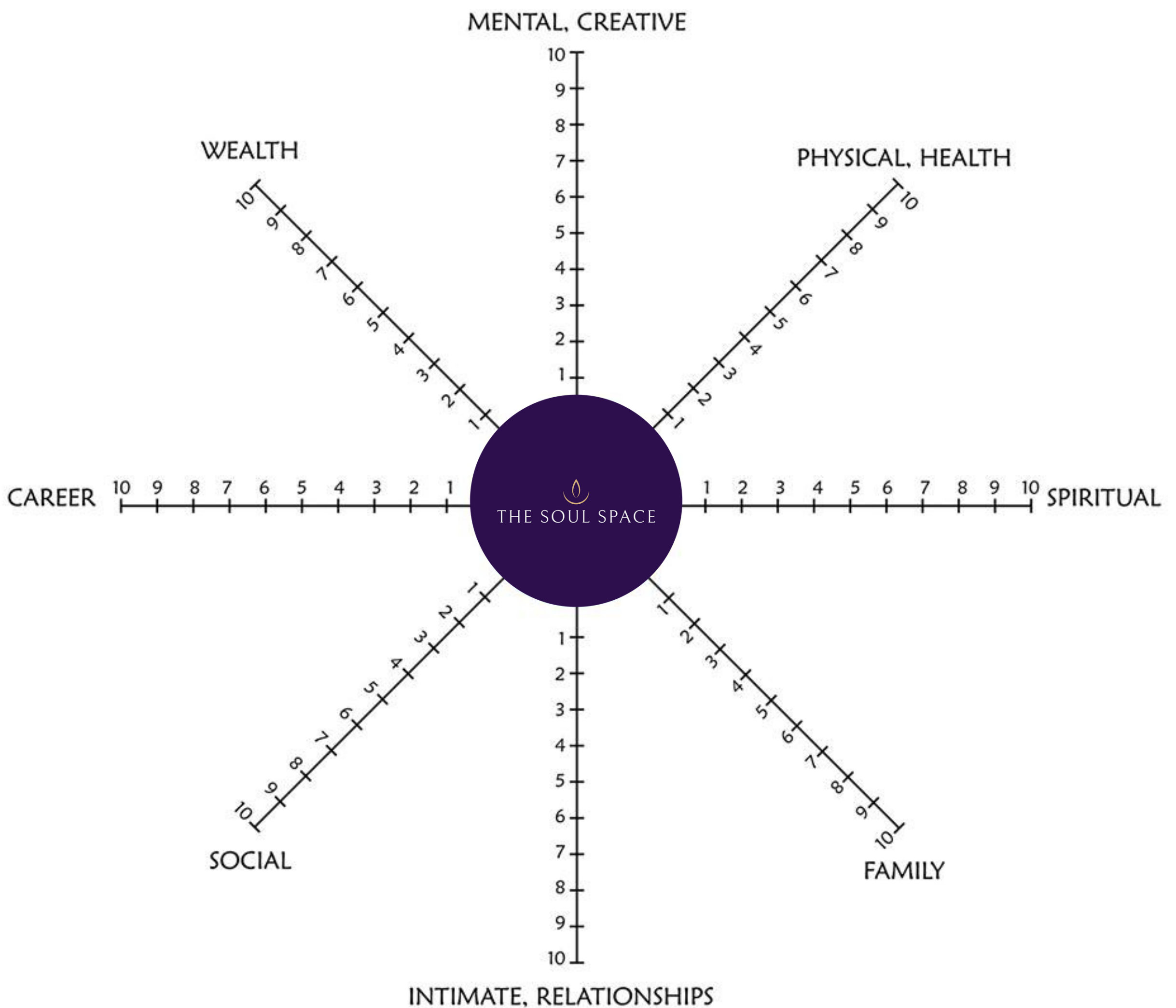




# PRESENT TIME

DATE:

It's time to take a moment, take a few deep breaths and see where you are at right now in this very moment. Fill in the spider wheel.







# PRESENT TIME

DATE:

What is important to you right now? (values)

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What I love to do? (passion)

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# Soul Essence for 2024

Pick a word from the list below or choose one of your own, also you might like to choose a colour.

Focus	More	Hope	Believe	Relax
Grow	Reflect	Fearless	Transform	Pray
Organize	Light	Happy	Integrity	Sparkle
Simplify	Heart	Spirit	Gentle	Represent
Bloom	Now	Glorious	Expansion	Whole
Brave	Passion	Grace	Grounded	Journey
Inspire	Joy	Truth	Harmony	Prosper
Thrive	Unlimited	Belong	Action	Contribute
Gratitude	Kindness	Strive	Ambition	Discipline
Consistency	Play	Always	Purpose	Laugh
Balance	Thoughtful	Compassion	Hero	Here
Be	Deliberate	Energy	Dream	Shift
Worth	Trust	Sacred	Magic	Delight
Elevate	Conscious	Persist	Shine	Patience
Today	Increase	Bridge	Peace	Cultivate
Less	Breathe	Determination	Try	Stillness
Mindful	Commit	Enough	Teach	Serenity
Considerate	Seek	Improve	Compromise	Vision
Calm	Pause	Strength	Imagine	Wisdom
Positivity	Forward	Encourage	Learn	Vulnerability
Respect	Change	Wake	Wonder	Adventure
Appreciate	Listen	Present	Embrace	Example
Enlighten	Free	Beauty	Courage	Comfort
Intentional	Build	Enthusiasm	Humble	Give
Flow	Flourish	Connect	Wish	Rise
Family	Move	Alignment	Work	Perspective
Slow	Renew	Priority	Smile	Glow
Possibility	Progress	Create	Meditate	Forgive
Persevere	Explore	New	Lead	Observe
Love	Finish	Faith	Celebrate	Soul





# Soul Essence for 2024

My Soul Essence for the year

is

My colour for the year is





# Soul Essence

## Embodiment Process

Firstly before we begin, let us acknowledge Jill Knell from Soul Maps who created this process. Thank you Jill for always sharing your wisdom <https://www.soulmaps.com.au/>

Take a your Soul Essence paper and write in whatever colour your soul essence. If you are doing this workbook at home, simply take an A4 piece of paper and do the same.

Take a few moments to get grounded, please remove your shoes for this process.

Read aloud your Soul Essence, place it on the ground in front of you. Step both feet on your Soul Essence and i invite you to close your eyes.

Embody your Soul Essence.

Feel what shows up for you, what sensations or emotions might you be experiencing or maybe you might be seeing some colours or seeing images. You will know when it is time to step off your Soul Essence.

Take a moment to write down your experience on the next page.









# 20 things I would like to do for 2024.

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# Creating an Intention

4 factors to consider when crafting your intention.

**Clarity and Specificity:** Clearly articulate your intentions with specificity. Vague intentions lack the power to drive meaningful change. Define what you want to achieve and be specific about the qualities you wish to cultivate.

**Alignment with Values:** Ensure that your intentions align with your core values. When intentions resonate with your values, they become a powerful force driving purposeful action.

**Positive Framing:** Frame your intentions positively. Instead of focusing on what you want to avoid, articulate your intentions in a positive light. For example, replace "I don't want to be stressed" with "I intend to cultivate calm and resilience in the face of challenges."

**Visualizations/Meditation:** Use the power of visualization to imagine yourself embodying your intentions. Visualization enhances the emotional connection to your intentions, making them more compelling and achievable. Breathworks is a fabulous way to clear and embody an intention -only those with experience/support attempt this.





# Creating an Intention

How to write an Intention.

Firstly get grounded, do some heart breaths and really feel into how you would like your life to be in 6 months time. It's important that we don't let our mind wander into this part of the process. Remember...Anything is possible.

Intention statements need to be:

- Specific (trust me be specific)
- Keep it positive
- Always write in present tense
- Keep it short, sweet and super juicy (1-2 sentences)
- Keep it realistic - dream but don't get caught in fantasy.

Examples of sentence starters:

" I allow...", "I embrace...", "I intend...", " I am...",  
"I have...", "I am..."













# Integrating your Intention 2024

There are two options to choose from to integrate your intention for 2024.

- Visualisation/Mediation for Intention Setting
- Intention Breathwork Process using Conscious Connected Breathing - only choose breathwork option if you are working with a partner or professional, or experienced in breathworks. **DO NOT attempt by YOURSELF**





## Visualisation/Mediation for Intention Setting

1. You can choose to do the visualisation/mediation in silence or find a piece of instrumental music that you like, it needs to go for 15-25 mins. (See the QR code below if you are having trouble finding some music or need some inspiration) - press play
2. It is best to lie down, with no distractions - turn phone to silent.
3. Read through your Intentions for 1-2 minutes.
4. Then simply place your Intention paper beside set a timer for 10-15 mins and get comfortable (you might need a blanket to cover you).
5. Take some grounding breaths, allow your body to sink into the floor. Visualise a timeline and shift forward 6-12 months in the future. Allowing all those things you intended to become your reality. Really take notice of your surroundings, what are you noticing? What is around you? What are you feeling? What does your life look/feel/sound like now that your intention has become your reality? Notice all the details
6. When the timer finishes, place your hands on your heart, locking in what it feels like in your future reality;
7. Allow yourself to gently come back to the room, touch your hand to your face, wiggle your toes.
8. Journal your experience
9. Have a nice cup of tea and get some fresh air







## Intention Breathwork Process using Conscious Connected Breathing

Important Information to know before doing Conscious Connected breathworks:

- Know that you can **STOP** at any time.
- If emotions come up or become unstuck, know that you have already been through this before and survived.
- Sometimes you may feel sensations in the body, simply take the focus of the breath to that particular spot
- There is no forcing in Conscious Connected Breathworks, simply notice where your breath goes on your inhalation, upper chest, mid-chest, belly
- When you breathe in your chest or belly must rise and expand, when you breathe out it contracts
- If you have **NEVER** experienced breathworks before, link in with a friend or even a professional to support you - **DO NOT ATTEMPT BY YOURSELF**

1. Find a piece of instrumental music that you like, it needs to go for 15-25 mins. (See the QR code below if you are having trouble finding some music or need some inspiration) - press play
2. It is best to lie down, with no distractions - turn phone to silent.
3. Read through your Intentions for 1-2 minutes, take notice of any pains or feelings in your body as you read it through
4. Then simply place your Intention paper beside set a timer for 15-25 mins and get comfortable (you might need a blanket to cover you).
5. Commence Conscious Connected breathing or infinity breathing. The breathe stays the same pace as you would normally breathe, the difference being it has no hold at the top or bottom. Meaning there are no stops when you breathe out or when you breathe in. It is simply a continuous gentle breathe
6. When the timer finishes, allow yourself to gently come back to the room, touch your hand to your face, wiggle your toes.
7. Journal your experience
8. Have a nice cup of tea and get some fresh air







# What Next:

## 21 day Soul Essence

### Challenge

Welcome to the 21 day Soul Essence challenge. Start each day with anchoring in your Soul Essence. Before we do this we must get grounded and fill our hearts with gratitude first.

Take 3-5 heart breaths, in through the nose, bringing the energy into your heart space and then breathe out.

Think in threes: Start off each morning by identifying three things you're grateful for (your kids, your comfy bed sheets, your cute toes—anything). Try not to repeat things and get more specific and detailed as you go. It is best if you hand write these in a journal or maybe into your phone. Really feel into your gratefuls, how they make you feel and try to avoid being on 'autopilot'.

Then take your Soul Essence paper and do the embodiment process again. Keep integrating you Soul Essence.

Perhaps find an accountability buddy or friend to share this challenge with.





Thank you!

Wishing you

YOUR best

year yet,

2024.

*Much Munay & Blessings for 2024*

*Nicole xo*