Hello 2018!

Discover The True You

6 Intention Setting Journal Prompts To Reflect Your Past & Manifest Your Future

1. What is my oldest, truest, desire? As a child did I dream of a specific career? Or to live in a warm place, travel the world or meeting the man of my dreams? Write this fantasy down in vivid detail. Picture myself in it; What do I feel? Am I living towards that dream now? Why / Why not?

2. At what point in my life was I feeling my physical best? Where was I living? What exercise was I doing, what was I eating, who was I spending time with, what was my career? How do I feel about my body now?

3. What are my favorite habits that are serving me? What habits do I want to change? What new ones do I want to create?

4. When I look in the mirror, what do I see? What do my thoughts say? What do I want them to say?

5. How is my body feeling? Do I have muscle tightness, congestion, exhaustion? How can I improve in the next 12 months?

6. When was the last time I did something healing for me and what was it? Am I happy with my self care practices? What self-care practices do I need more of?

Wishing you a healthy and abundant New Year! Xoxo, Alexa J

Gypsy Universe