

Worksheet: Uncover your Fears-Create your Intention

Sit quietly and take a few deep breaths. Feel your whole body relax and feel your heart open. Ask yourself:

If I could wave a magic wand, what would I change in my life. What would bring me more peace, happiness and joy. What is my heart-felt desire?

Consider these questions as you open to your deepest wisdom: Is there something you'd like to bring into your life? Is there something you'd let go of? How would you like to "be"? Is there something you want more of? Something you want less of? If there are multiple desires that come up for you, pick one to start with. Something you'd like to realize in the next 6-18 months. Write that one desire in the space below.

My Desire:

Now ask: Why have I not done that thing? What has stopped me? What has gotten in my way? What are my worst fears? Write that fear in the space below.

My Fear:

Working with the words in either your Desire box or your Fear box, refine your words to create an intention using the 10 Tips sheet from your resources. (Tip working to resolve your fears can be powerful because you are retraining your brain to dismantle deep seated beliefs that limited you in the past.)

My Intention:

