



# My Intentional Feelings

We need to get intentional about how we want to feel on a given day and then do the things that are going to make us feel that way. NOT THE OTHER WAY AROUND. Each of us is unique in how we want to feel everyday.

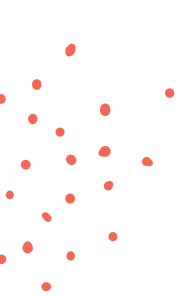
Ultimately, we want to achieve goals because we think we will feel a certain way when we accomplish them. So, let's get clear on the ways in which we absolutely LOVE to feel, and then intentionally set goals that will have us doing the things that make us feel that way.

**I want to feel \_\_\_\_\_ everyday:**

**To feel this way, I will \_\_\_\_\_.**

The way I want to feel:	To feel this way, I will:

[Here](#) is an example list of feelings if you're feeling stuck or need some inspiration.



## Exercises to help you discover how you want to feel:

Visualize	Reflection
Think of a time in your life when you felt your <b>ABSOLUTE BEST!</b> <ul style="list-style-type: none"><li>• <b>Who</b> were you in that moment?</li><li>• What were you <b>doing</b>?</li><li>• What were you <b>feeling</b>?</li><li>• What personal <b>values</b> were you honoring?</li><li>• What <b>sticks out</b> to you about that moment?</li></ul>	
When I am at my best, the feelings that are present are:	

Visualize	Reflection
Observe the things that bring you joy on a daily basis. <ul style="list-style-type: none"><li>• What makes you feel good?</li><li>• What feeling does that actually create for you?</li></ul>	
What things <b>DO NOT</b> make you feel good? What are the opposites of those things/feelings?	

Visualize	Reflection
Write down at least one thing you are grateful for each day & <b>WHY</b> you are grateful for it.	
Review the list to see what feelings those people or things bring you!	