

The Simply | Moving Forward Intention Settings

Reflection

Take a moment to think back to this date one year ago...

...what are you grateful for?

...what has happened since then?

...what have you experienced in this past year?

...what has shifted for you and within you in this past year?

...what are you most proud of from this past year?

...what lessons do you feel you have learned and grown from in this past year?

...what else stands out to you from the previous year?

Take a moment to write about this past year - from a place of **gratitude** and **appreciation** for what it has brought you.

Setting the Stage

If you can, listen to the guided meditation and use this as a reflection for your journaling; however, if you aren't able to listen to the recording, you can just use these questions to guide your journaling.

No matter what, I suggest that you give yourself a few moments to ease into a meditative state ahead of journaling as that will allow you to move beyond your egoic thoughts and into a deeper experience as you cast your vision forward.

Some tips as you do this visioning exercise:

- The HOW is not important - allow your imagination to expand your experience
- Time does not exist - when you are open to receiving, what you desire will be provided to you
- FEEL the EMOTIONS of receiving your desires - it is through your emotional vibration that what you desire is presented to you
- There is no order of difficulty - what you are **available to receive** is based upon what you believe that you can receive, not what is possible
- There are NO LIMITS - anything you desire can be yours if you BELIEVE that it can be!

Moving Forward – Set the Scene

Close your eyes and cast yourself forward to this day one year from now...

...where are you? (location in the world, inside or outside, what do you notice about your surroundings, what can you feel touching your body - tune into this physical experience)

...what do you feel? (what emotions are you experiencing in this moment one year from today - gratitude/appreciation/joy/love/limitlessness/awe/excitement...)

Moving Forward – Go Deeper

...what has happened in the past year?
...what was your greatest accomplishment?
...what are you most grateful for? ...what else are you grateful for?
...what have you experienced in this past year?
...what has shifted for you and within you in this past year?
...what are you most proud of from this past year?
...what lessons do you feel you have learned and grown from in this past year?
...what else stands out to you from the previous year?
...what are you excited about looking forward from this place?

Solidify Your Intentions

Look back at your writing/expression and FEEL into this experience. Allow yourself to get swept up in the scene and emotions of this time one year from now.

Key Themes

What are some **key desires/feelings/emotions/themes** that you can focus on for the next month/quarter/half/year that will bring you forward to this scene one year from now?

Remember, the HOW is not important (this isn't a step-by-step planning).

This is to focus on some key themes that you can reflect on as you move into the New Year.

Final Thoughts

This can be done ANY TIME, not just at the turn of the calendar year. In fact, I believe that it is extremely important to move through an intention setting process any time something major shifts in your life or any time you notice that you feel stuck.

Take this an run with it! Add or subtract as works for you. If a word or concept doesn't work for you, take it out or replace it.

The most important thing in all of this is that you BELIEVE that you can actually receive what you are asking for.