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## Intention Setting Worksheet

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### We Must Dream It Before We Can Create It

When setting intentions, it is crucial to fully immerse yourself in the vision of your desired reality. This process is not just about outlining goals or aspirations, but about **embodying** (roleplaying in your mind) the energy of the version of yourself you are creating.

This is why you will be writing out all of your answers in the **present tense**, as if you are speaking about your life right now.

### Allow Yourself to Be Delusional

This is a time to **dream gigantic**, do not let any beliefs about money, relationships or your current circumstances hold you back from imagining what your highest timeline looks and feels like. The things that you write down may come true but you may realize along the way that you want something slightly different. That is okay, it is a process. This practice is designed to help point you in a direction where much of what you write is possible to come to fruition.

Before you begin, **align with the highest version of yourself**. To do this, follow the steps below:

1. Take a few moments to **breathe deeply** into your Belly.
2. **Envision yourself** in your dream life; Where are you? Who is around you? How do you feel? What do you smell? What do you hear?
3. **Embody that version** of yourself. Imagine you are living that dream life now. Become that version in your imagination.

This powerful act of visualization can help to align your thoughts and actions with your intentions, making them a tangible reality. You're not just dreaming of a future self, but creating a new trajectory for your life.

**Now you are ready to begin answering the questions on the following pages.**

# 1. Physical Health:

Physical health is not just about the absence of disease; it's about living a lifestyle that promotes well-being and longevity. In this section, consider your desires for your physical appearance and performance.

**How does your body look and feel in this ideal situation?**

Example: My body looks strong and feels energetic.

**What level of physical fitness have you reached in this future version of yourself?**

Example: I can run a marathon if I choose to without much training.

**How do you feel after eating a meal?**

Example: I feel nourished and satisfied, not guilty or overly full.

## 2. Mental Health:

Mental health encompasses our emotional, psychological, and social well-being. It affects our thoughts, feelings, and actions. Reflect on your ideal state of mind in this section.

### **What types of thoughts dominate your day?**

Example: Dominant thoughts that are positive and empowering fill my day.

### **How do you handle stress or challenges?**

Example: I handle stress with resilience and grace.

### **What practices or habits help you maintain a calm and peaceful mind?**

Example: I practice mindfulness and meditation regularly.

### 3. Relationships:

Our relationships with others can bring joy and fulfillment, but also challenges. In this section, think about the relationships you want to nurture or create.

**What does an ideal relationship look like to you (with a partner, family, friends)?**

Example: An ideal relationship for me involves mutual respect, understanding, and growth.

**How do you communicate with the people in your life?**

Example: I communicate with honesty, understanding, and empathy.

**What types of people do you surround yourself with?**

Example: I surround myself with inspiring, positive, and open-minded individuals.

## 4. Career:

Your career forms a significant part of your life, and it should ideally bring you not just financial benefits, but also satisfaction and fulfillment. Consider what you want in your ideal career.

### **What does your ideal job or career look like?**

Example: My ideal job allows me to use my skills and talents to make a difference in the world.

### **How do you feel at the end of a workday?**

Example: I feel accomplished and satisfied, knowing I have given my best.

### **What type of work environment or culture suits you best?**

Example: I thrive in a supportive and collaborative work environment.

# 5. Finances:

Financial health is a vital aspect of a comfortable and secure life. Reflect on your financial goals and how you want to manage your resources.

## What does financial freedom look like to you?

Example: Financial freedom to me means having enough savings to live comfortably and the ability to make choices that aren't dictated by my financial situation.

## How do you manage your earnings?

Example: I manage my earnings in a way that allows me to save, invest, and also enjoy life.

## What financial goals or milestones have you achieved?

Example: I am debt-free and own a home.

## 6. Personal Growth:

Personal growth involves the development and refinement of your skills, knowledge, and worldview. Think about the qualities you want to develop and the kind of person you want to become.

**What qualities or traits have you developed in yourself?**

Example: I have developed resilience, patience, and empathy.

**What does a successful personal growth journey look like to you?**

Example: A successful personal growth journey to me is one where I continuously learn and evolve, becoming a better version of myself.

**What new skills or knowledge have you acquired?**

Example: I have learned a new language and acquired leadership skills.

# 7. Spiritual Growth:

Spiritual growth involves developing a deeper understanding of yourself, your purpose, and your connection to the universe. Reflect on your spiritual aspirations here.

**What is your current spiritual state or practice?**

Example: My spiritual practice involves daily meditation, mindfulness, and acts of kindness.

**How do you feel spiritually connected or fulfilled?**

Example: I feel a deep sense of peace and interconnectedness with all beings.

**What spiritual beliefs or values have you embraced more deeply?**

Example: I have embraced the values of compassion, non-judgment, and acceptance more deeply.



## 8. Leisure and Recreation:

Leisure and recreation activities are essential for relaxation and enjoyment. They provide balance in life. Think about how you want to spend your free time.

**What leisure activities do you spend more time on?**

Example: I spend more time reading, hiking, and practicing yoga.

**Where have you traveled, and what experiences have you had?**

Example: I have traveled to Japan and experienced their rich history and culture.

**What does a balanced and fulfilling leisure time look like to you?**

Example: A balanced leisure time for me includes physical activity, creative pursuits, and time for relaxation.

# 9. Contribution/Community:

Contributing to your community or the world at large can bring a sense of purpose and fulfillment. Reflect on the ways you wish to make a positive impact.

**In what ways do you contribute to your community or the world?**

Example: I contribute by volunteering at local shelters and advocating for environmental conservation.

**How do you make a positive impact?**

Example: I make a positive impact by promoting peace and tolerance in my community.

**What causes or issues are you passionate about supporting or changing?**

Example: I am passionate about supporting mental health initiatives and changing societal stigma around mental health.