

Intention

If I wanted to do something nice for me today, what would it be? If I intended to do something helpful for someone what would it be? If I intended to be different today, how so?

What Intentions do I have for today?



Awareness

What do I take for granted that I would like to pay attention to today?

What do I ignore about myself or others that I would like to be aware of today?

Who or what do I dismiss that I would like to pay more attention to today?

What do choose to be aware of?

Direction

Its ok to acknowledge where I am even if its not where I want to be forever.

Where am I?

Where do I want to be?

Who do I want to be?

Where am I? Where am I going?

A Little Something To Know...

What Do You Want? This is such a powerful question that just isn't asked often enough. So here is a fun little worksheet all about you and for you. When you answer with Intention, Awareness, and Direction, you will always find that what you are looking for is looking for you.

