



# SETTING INTENTIONS

Today is a New Day. You have said YES to the call to become ONE with yourself. You have said YES to the desire to know yourself deeper. It is now time to set an intention for Balance. Answer any or all of the questions below:

Is your body, mind and spirit ready to say YES to living a more full life? What does a more full life mean to you?

What is your dream desire for what you may learn in the next 4 weeks?

What will you let go of, so that you can create more space for yourself to learn and grow? What is no longer serving you?

What are your intentions for this coming Moon cycle? (list your intentions below in "I am" statements. Ex. "I am balanced in my body and spirit.", "I am feeling calm and healthy.")