

NAME

FMTG CLASS MONTH

DATE



## MY PERSONAL INTENTIONS

**Your overall intentions for the course**

**Area of your life you like to improve (health, relationship, mental fitness)**

**A limiting belief you wish to change**

**A behavior you want to overcome**

# 2

**An emotion that's dominant that you want to shift**

**An immediate change you like to see in yourself**

**One word that you wish to be described by (Resilient, Kind, Dependable, Grateful, Fun, Resourceful, ect)**

**Something you like to attract for your life**

Save your intentions and email a copy to the  
instructor: [waleuska@fmtg.us](mailto:waleuska@fmtg.us)

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