

THE ULTIMATE MONTHLY INTENTION SETTING WORKSHEET

FOR QUICK AND EFFECTIVE MANIFESTING

MONTH: _____ DATE: _____

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CHECKING IN WITH YOURSELF

1) Right now I am GRATEFUL for:

2) My current emotions as of lately are:

3) This is how I want to feel this month:

SETTING INTENTIONS

1) If I was given a magic wand and told that anything and everything was possible, these would be my top 3 desires that I would manifest into my life this month:

2) The following is what I need to let go of in order for me to receive my desires:

3) In order to me to align with my top 3 desires, the following is what I would need to believe to be true about me, my abilities, the world around me, and what I deserve to have:

INSPIRED ACTIONS

1) Ways I can raise my vibe so that I am continuously aligning with feelings of joy, love, happiness, passion, excitement, and gratitude every single day:

2) Inspired actions I am committed to taking in order to show the Universe that I am ready for the next step:

3) Ways my intuition has guided me in the past, so that I know what to look out for, and immediately take the proper inspired action toward my desires as soon I feel it come:

AFFIRMATIONS

1) My affirmations for this month are:

In order for my intentions to manifest this month, I must commit to the following:

- I am committed to holding the faith that I WILL receive what I ask for even if it seems like it isn't happening in this moment.
- I trust in Divine Timing and know that my desires are on their way to me right now.
- I hold gratitude in my heart for my desires as if they have already happened.
- I am committed to energetically letting go of my desires and completely detaching myself from the outcome.
- I am committed to reminding myself that I deserve my desires on a daily basis and acting like it.
- I surrender my intentions and affirm that THIS OR SOMETHING BETTER is on its way to me right now.

and it is done!

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