

2020 – Invitation to Intention

Many of us have a stressful relationship with New Years Resolutions. The first thing that comes to mind is a single-focused goal that energizes us to make changes and commitments that we think will help us stay on track. And then, slowly (or quickly), we lose interest and drive, are often left feeling like we failed and let ourselves down. I don't know about you, but pretending like that works year after year sounds exhausting.

That is NOT what intention setting is about!

Setting intentions is simply acknowledging the power of our thoughts and words. We are getting clear on the way we want to feel and what we want our life to look like. Really digging deep to shed light on the things that light us up and what has been weighing us down. And then, my favorite part. Instead of putting all our energy into commitment and action, we sit back with a sense of curiosity and watch our dreams take shape. Don't get me wrong, setting intentions should take some work, and maybe make us uncomfortable. But taking the time to listen to your hearts desires is usually more than half the battle.

Here is a little guide to help you get clear on the things you want to witness unfolding in the upcoming year.

To get you started, here is a list of ways you might like to feel a little – or a lot – more of. Circle your favorites. Are there too many? Narrow it down to your top 3. The ones that mean so much to you that if you got them tattooed on your body, you can't imagine regretting it. (side note: you get to change your core desired feelings anytime you want, so no pressure about them needing to last a lifetime, much less the whole year)

I would like to feel...

Valued	Guided	Flexible	Relevant	Prosperous	Welcomed
Magnetic	Capable	Radiant	Weightless	Free	Connected
Strong	Expansive	Transformed	Purposeful	Easy-going	Light-hearted
Ready	Receptive	Creative	Electric	Limitless	Gracious
Infinite	Graceful	Loved	Loving	Unforgettable	Conscious
Open	Sensual	Grounded	Attractive	Generous	Magical
Ecstasy	Intuitive	Cleansed	Expressive	Joyous	Nourished
Welcoming	Peaceful	Compassionate	Inspiring	Inspired	Influential
Passionate	Shimmering	Radiant	Dreamy	Elegant	Affluent
Clever	Warm	Glowing	Mesmerizing	Liberated	Elevated
Luscious	Insightful	Feisty	Assertive	Desirable	Blessed
Adored	Brilliant	Imaginative	Timeless	Resilient	Loyal

Appreciative	Open-minded	Fulfilled	Affectionate	Boundless	Natural
Safe	Comfortable	Focused	Harmonious	Refreshed	Empowered
Miraculous	Authentic	Beautiful	Deserving	Pampered	Secure
Treasured	Whole	Grateful	Fierce	Untamed	Adventurous
Embraced	Devoted	Spontaneous	Confident	Bold	Inviting
Wild	Soft	Anchored	Supported	Healthy	Celebrated
Engaged	Pleasure	Anything else? _____			

Now, go back. DEFINITELY circle the one that felt like a little too much to ask. You know, the one that you talked yourself out of, because you don't want to shoot too high. To avoid disappointment. Circle that one. It's just a way you want to feel. No pressure, no expectations, and no consequences. Except maybe feeling good. Which can be scary. It's ok.

Write these down, and tape them to your mirror, your dashboard, your computer screen, etc. By reminding ourselves throughout the day of the way we want to feel, we begin slowly rewiring our brain to a whole new reality – one that aligns with our desires.

Things I am ready to let go of...

No list here, guys. But don't leave out thoughts, habits, people, mistakes, successes, feelings, or the sweater you haven't worn in 3 years. Let it rip.

Let's get Visual...

I invite you to describe in as much detail as you can muster, exactly what it 'looks like' for you to feel the way you want to feel. Colors, shapes, places, sensations, smells, soundtracks, etc. Get quiet and imagine feeling the way you want to feel for a minute, or as long as it takes. Remember, there is no wrong answer here. You can use these starter phrases if you are feeling stuck:

These are the things around me when I am feeling incredibly _____.

Feeling free of _____ and fully _____, I can imagine myself:

If someone made a movie of me feeling _____, it would look like this:

Gratitude – The 'good' the 'bad' and the Blessings in Disguise

Lastly, we are going to practice unconditional gratitude. Some things are easy to be thankful for, and others are...a bit challenging to say the least. Sometimes it helps to get it all on paper, chronologically. Can you see a story unfolding? Blessings in disguise? The hard bits are often stepping stones to something greater. And the joyful bits keep us fueled and full. If we can find a way to say 'thank you' for it all, we can let go of the past and move forward into whatever adventures lie ahead.

2019 – Things that felt GREAT

2019 – The hard parts

Friends, I am proud of you for spending the time to get clear on how YOU want to feel in the coming year. Being honest with ourselves about what we want is often the hardest part – because we have to take a real look at how far off our current reality is from our desires. This is NOT an invitation to beat yourself up about all the things you haven't accomplished. Let this be a new practice in self-love. Get clear on how you want to feel and shoot for the stars. You deserve it!

You have my support

