



HOW TO....

# USE JOURNALING TO SET AN INTENTION

AT ANY TIME OF THE YEAR

## BEGIN WITH THE BREATH



Find a quiet spot to sit - at first - changing nothing about the body or breath. After a few moments - root with the sits bones, draw up tall through the spine and allow tension to fall away from head to toe.

Begin to allow the breath to fill the whole torso on the inhale - and on the exhale, visualize sending the breath to all 5 corners of the body.

## INCORPORATE MOVEMENT



This doesn't need to be an organized yoga class - think simple motions, moving however the body wants to move - connected to your breath. Gentle twists, cat - cows and trunk circles, are a fabulous place to start.

## WRITING WITH INTENTION

Here are some helpful places to start:

- What lessons or patterns has life presented to me lately? These lessons can be in the form of what you may label either a positive (blessing) or a negative (hardship).

- What choices have I made in life that have served my authentic self? What choices have felt really right and ultimately easy?

- What is a feeling or a state that I would like to feel/feel more often/be in life?

- Make a list of possible ways that you can make room to invite that feeling/state in to your life. Think of actionable methods - ways to seek but not control or restrict

- Narrow the intention to a word or a small phrase that you can easily come back to, remember and manifest.

