

CULTIVATING A

# GRACE STATE

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## Guide for Setting Intentions

Live your best life!

**YOU GOT THIS!**





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Cultivating a GRACE State:  
Guide for Setting Intentions

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# Cultivating a GRACE STATE



**Cultivating a GRACE State is simply heart-centered living and love in action. Understanding the importance of our internal state and thoughtfully responding to circumstances and people we interact with each day rather than react out of fear is where we find true peace and harmony. In this guide we will provide tools and ideas for you to reflect on 2024 then set intentions in the important areas of your life for 2025 to support the cultivation of your best year ever!**

My name is Tara Ferriter, and I have been researching and contemplating strategies for Cultivating a GRACE State for over 20 years. In this guide I've synthesized some of the most effective strategies to support you with thoughtful reflections for setting intentions in the important areas of your life on your journey to find balance and harmony.

Everything in our reality is defined by our inner state of being so learning to master your internal state elevates you to higher frequencies that in turn attracts abundance into your life. Tuning into your emotions and learning to manage your thoughts and actions builds trust and confidence in yourself raising your life to new levels.

GRACE is an acronym I've developed that stands for GRATITUDE, RESILIENCE, AWARENESS, CONNECTION, and ENERGY. Reflecting on and refining your understanding of each of these areas is the key to locking into LOVE as your docking station in so you will be able to resiliently maneuver and flourish with peace and contentment regardless of what challenges may arise.

You will be amazed at how your life transforms as you change your thoughts and habits. I'm glad you are here, let's get started!







## GRATITUDE Cultivating Positive Thinking

Adopting an attitude of gratitude in which looking for the positives becomes a natural daily habit is essential to cultivating a GRACE State. Learning to look for the silver lining and see the good in each person and every circumstance will optimize your overall outlook on your day to day living. Your belief filters define your reality, and they may need some fine tuning but once you understand the importance of anchoring your beliefs in an expanded consciousness of love you will be amazed at how you're able to think from a more heart-centered perspective, which is a very valuable currency in life.



## RESILIENCE Cultivating the Alignment of Goals to Values

Resiliency is the ability to bounce back quickly when things don't go as planned. The key to being resilient is to understand that the path toward achieving your goals is often winding and that is okay. Life is a journey, slowing down and savoring the experiences each step along the way leads to moments of peace, joy, and contentment. It's okay not to be in such a hurry all the time. Getting clear on your values and making heart-centered decisions based on those values is key to cultivating resilience through a GRACE state.



## AWARENESS Cultivating Emotional Awareness and Managing Responses

Learning to become keenly aware of your thoughts and emotions and taking a moment to think before thoughtfully responding is key to managing your internal state. Our brains are wired to keep us safe so we naturally are on the lookout for things that may hurt us. Reframing your thinking and intentionally responding through the lens of love rather than react in fear to external situations is a metacognitive process in which we begin to think about our own thinking and take action in new and different ways. When we reprogram our thoughts through heart and brain coherence, we are able to "be" in a GRACE state more consistently leading to abundance in all areas of life.



## CONNECTION Cultivating Connection to Self, Spirit, and Valuable Relationships

Discovering the gift of turning inward and honoring yourself through stillness leads to ultimate peace and fulfillment. Making time for yourself through scheduled daily pauses as well as having faith in a higher spiritual power and connecting to that source to stay centered is key to long lasting healthy relationships with others. When you are connected within your mind, body, and soul you attract like-minded individuals. Trust your intuition, set loving boundaries, and step into a state of love and unity.



## ENERGY Cultivating Energy through Physical Health and Mental Wellbeing

Everything is energy and frequency including us. Optimizing your physical and mental wellbeing through the cultivation of deliberate daily habits and routines raises your energy frequency to work in your favor. Some of these habits include daily movement, drinking plenty of water, making healthier food choices that fuels your body, grounding in nature each day, as well as understanding ways to maximize sleep quality. Music, meditation, contemplations, and activations can support brain and heart coherence attuning to higher frequencies that attract more positive energy and abundance into your life.





## INTENTIONS FOR OPTIMIZING A GRACE STATE



### **GRATITUDE** Cultivating Positive Thinking

- I look for the good in circumstances and situations
- I have daily gratitude practices built into my morning and/or evening routines
- I focus on the positive qualities with the people I interact with
- I continuously reflect on my belief filters and am committed to reframing them so that they are anchored in love for myself
- I make decisions from a heart-centered perspective and have empathy for others



### **RESILIENCE** Cultivating the Alignment of Goals to Values

- I am clear on my values and know what is important to me
- I set measurable goals that are aligned to my values in the important areas of my life such as health, career, finances, and relationships.
- I am persistent and flexible in my thinking
- I believe in me, I have trust and confidence in my abilities
- I am able to resolve conflict in constructive ways
- I advocate for myself and others with a service heart



### **AWARENESS** Cultivating Emotional Awareness and Managing Responses

- I am aware and can recognize my emotions
- I pause and thoughtfully respond to situations before taking action
- I use my breath to regulate my emotions
- I turn inward and manage my inner state, staying grounded in my heart
- My morning intention routines and evening reflection routines keep me centered in my values
- I respect other people's cultural values and opinions



### **CONNECTION** Cultivating Connection to Self, Spirit, and Valuable Relationships

- I have daily meditation and stillness practices to support inner peace and heart brain coherence
- I ground in nature each day
- I nurture my connection with spirit through my stillness practices
- I prioritize loving relationships that are reciprocal, healthy, and mutually respectful
- I set loving boundaries that align with my values
- I am aware of how I communicate and the impact my actions have on others



### **ENERGY** Cultivating Energy through Physical Health and Mental Wellbeing

- I understand the importance of my energy frequency and am intentional about the choices I make to optimize my energy
- I am committed to daily movement that may include walking, yoga, or lifting.
- I intend to get a minimum of 10,000 steps per day
- I am intentional about the amount of water I consume and the types of foods I eat to fuel my energy.
- My evening routines and habits support optimizing my sleep quality
- My morning and evening routines include time to make intentions and reflect on my energy for the day



## REFLECTIONS

# GRACE STATE

REFLECT ON EACH THE AREAS OF YOUR LIFE THAT ARE IMPORTANT FOR SUPPORTING YOU IN CULTIVATE A GRACE STATE. ON A SCALE OF 1 - 10, WITH 10 REPRESENTING COMPLETE CONTENTMENT AND SATISFACTION AND 1 REPRESENTING SUFFERING AND DISSATISFACTION GIVE YOURSELF A RATING IN EACH AREA.

A circular radar chart used for self-reflection. The chart is divided into 8 segments, each representing a different area of life. The segments are labeled as follows:

- POSITIVE THINKING
- RESILIENCE
- AWARENESS
- RESPONSES
- SELF AND SPIRIT
- RELATIONSHIPS
- PHYSICAL HEALTH
- MENTAL WELLBEING

The chart features 10 concentric rings, numbered 1 to 10 from the center outwards, representing a scale of contentment and satisfaction. The center is labeled 1, and the outermost ring is labeled 10.





# Reflections

## Reflect on the Positives in Your Life

- LIGHT A CANDLE AND CREATE A POSITIVE SACRED SPACE. VISUALIZE HAPPY THOUGHTS TO CULTIVATE A HEART-CENTERED GRACE STATE.
- BEGIN YOUR REFLECTIONS, THINKING ABOUT AND WRITING DOWN ANYTHING POSITIVE YOU CAN THINK OF IN EACH OF THE AREAS LISTED BELOW.
- WHAT HAVE YOU ACHIEVED THAT HAS BEEN POSITIVE FOR YOU AND YOUR FAMILY? WHERE ARE YOUR AREAS OF GROWTH?

*When you create positive energy you draw more positivity to you allowing you to manifest abundance in each of these areas!*

### GRATITUDE:

COMMIT TO POSITIVE THINKING

### RESILIENCE:

ALIGN GOALS TO VALUES

### AWARENESS:

MANAGE EMOTIONS AND RESPONSES

### CONNECTION:

BEING PERSONALLY GROUNDED,  
SPIRITUALLY LINKED, AND IN COMMUNITY

### ENERGY:

PRIORITIZE PHYSICAL HEALTH

### ENERGY:

FOCUS ON MENTAL WELLBEING





# Setting Intentions

**Set Intentions for Each of the Area of Your Life:**

**GRACE** IS AN ACRONYM THAT STANDS FOR **GRATITUDE, RESILIENCE, AWARENESS, CONNECTION, AND ENERGY**. REFLECTING ON AND REFINING YOUR UNDERSTANDING OF EACH OF THESE AREAS IS THE KEY TO LOCKING INTO LOVE AS YOUR DOCKING STATION ALLOWING YOU TO RESILIENTLY MANEUVER AND FLOURISH WITH PEACE AND CONTENTMENT REGARDLESS OF WHAT CHALLENGES MAY ARISE. YOU MAY INTEND TO MAINTAIN WHAT YOU ARE DOING FOR THOSE AREAS THAT YOU FEEL GOOD ABOUT. FOCUS ON NEW INTENTIONS FOR THOSE AREAS YOU ARE NOT FEELING AS CONTENT OR SATISFIED IN. BE AS SPECIFIC AS YOU CAN WITH YOUR INTENTIONS.

## **GRATITUDE:**

COMMIT TO POSITIVE THINKING

## **RESILIENCE:**

ALIGN GOALS TO VALUES

## **AWARENESS:**

MANAGE EMOTIONS AND RESPONSES

## **CONNECTION:**

BEING PERSONALLY GROUNDED,  
SPIRITUALLY LINKED, AND IN COMMUNITY

## **ENERGY:**

PRIORITIZE PHYSICAL HEALTH

## **ENERGY:**

PRIORITIZE MENTAL WELLBEING



# HABIT TRACKER

## Turn Your Intentions into Goals that You will Track for the Next Month

- IDENTIFY THE AREAS THAT YOU WOULD LIKE TO TAKE ACTION ON AND SET A MEASUREABLE GOAL FOR THAT AREA FOR THE NEXT MONTH
- TRACK YOUR PROGRESS TOWARDS THAT GOAL BY MARKING A "X" IN THE BOX ON THE DAYS THAT YOU ACCOMPLISH YOUR GOAL
- REFLECT AT THE END OF THE MONTH. WHERE WERE YOUR AREAS OF GROWTH? WHAT HAVE YOU ACHIEVED THAT HAS BEEN POSITIVE FOR YOU?
- DETERMINE IF YOU WANT TO SET NEW GOALS OR KEEP THE SAME GOALS FOR THE NEXT MONTH AND REPEAT!

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