



New Year Intentions

New Year's Intentions are ways you *intend* to live **more fully** in the next 12 months.

Take a moment to get clear on what you want. *What are your intentions for the next 12 months?* There are no wrong answers. Whatever it is, **make sure it's about you**. Open up to your hearts desire and feel it in your body. Once you are clear on your intention, write it down. Keep writing it until you feel energized, excited and maybe a bit nervous after reading it. *You'll know when it's right* – you will feel it in your body.

Make sure it includes:

- Who or what you wish to release or is no longer welcome in your life and no longer serves your highest good.
- Who or what you would like to bring in or welcome into your life.

The simple act of gaining clarity around your intentions, creating space to honor them and then sending them out into the Universe is enough... once you're clear, and jot it down, let it go and detach from the outcome. Trust it is being taken care of for you. Keep your intention close by and look at them daily to remind yourself of what you are working towards, or rip up the paper or burn it to symbolize your faith that the Universe has got you covered.

If something comes up that doesn't support your intention(s), acknowledge it, know it's a teaching tool and stay focused. Aligning with your intention is the **easiest way to attract what you want into your life** and connecting that energy with the energy of a brand new year ahead is a great magnifier.

Your intention(s) at the beginning of the year sets the tone for what's to come and rituals can help bring it in faster and make the transition smoother (and more fun!). Get creative, and get personal. Rituals are all about *you*.

Cheers to an abundant and beautiful New Year ahead.

xo

My New Year Intentions

I am releasing...

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I am making space for & inviting in...

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