



DATE: _____

My Intention

I give myself permission to connect with myself more.

I want to know more about myself.

I want to connect with all of my senses.

I want to create safety within my body.

I want to create sacredness around my body.

**WRITE DOWN 5 INTENTIONS AROUND WHAT YOU
ARE READY TO ALLOW INTO YOUR LIFE.**

You may choose from the ones above or write your own.
