

This or something better for the highest good of all concerned!

I am enjoying Freedom, Clarity & Joyful Discipline in 2015!!

Name: _____

Date: _____

Life Categories are numbered below (8 total). Feel free to swap in different ones or revise them (but try to keep 8 total).

Then within each category, list two intentions for what you'd like to release/ let go of (i.e. any negative patterns, issues, situations in your life that you'd like to heal and release) and two intentions for what you'd like to create or gain in 2015 (i.e. new blessings, opportunities, and ways of being that you'd like to experience). Your intentions can be on a physical, emotional, mental, or spiritual/ energetic level. You choose!

This allows you to first create the space you need by letting go of the old that no longer serves you, and then fill that space with the new, beautiful blessings you'd like to see in your life!

For Example-- For the "Uplifting Home Oasis" category (IV below), here are my intentions:

In 2015, I am gently and easily healing & releasing the following:

1. *all clutter and items that I no longer use/ are no longer serving me from all areas of my apartment and storage areas*
2. *all energetic blocks and feelings of overwhelm, restriction or limitation while I am in my living space and always*

In 2015, I am easily creating or gaining the following:

1. *a beautiful, clear, clean, organized home oasis that supports me in fulfilling my highest potential in all areas of my life!*
2. *feelings of freedom and joy and abundance and peace and calm and inspiration while in my living space and always!*

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I. Purpose/ Career

In 2015, I am gently and easily healing & releasing the following:

1. _____

2. _____

In 2015, I am easily creating or gaining the following:

1. _____

2. _____

II. Soulful Love Life

In 2015, I am gently and easily healing & releasing the following:

1. _____

2. _____

In 2015, I am easily creating or gaining the following:

1. _____

2. _____

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III. Vibrant Health

In 2015, I am gently and easily healing & releasing the following:

1. _____

2. _____

In 2015, I am easily creating or gaining the following:

1. _____

2. _____

IV. Uplifting Home Oasis

In 2015, I am gently and easily healing & releasing the following:

1. _____

2. _____

In 2015, I am easily creating or gaining the following:

1. _____

2. _____

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V. Financial Abundance

In 2015, I am gently and easily healing & releasing the following:

1. _____

2. _____

In 2015, I am easily creating or gaining the following:

1. _____

2. _____

VI. Inspiring Location/ Community

In 2015, I am gently and easily healing & releasing the following:

1. _____

2. _____

In 2015, I am easily creating or gaining the following:

1. _____

2. _____

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VII. Loving & Supportive Family Relationships

In 2015, I am gently and easily healing & releasing the following:

1. _____

2. _____

In 2015, I am easily creating or gaining the following:

1. _____

2. _____

VIII. Loving & Supportive Friendships

In 2015, I am gently and easily healing & releasing the following:

1. _____

2. _____

In 2015, I am easily creating or gaining the following:

1. _____

2. _____

And so it is! 😊