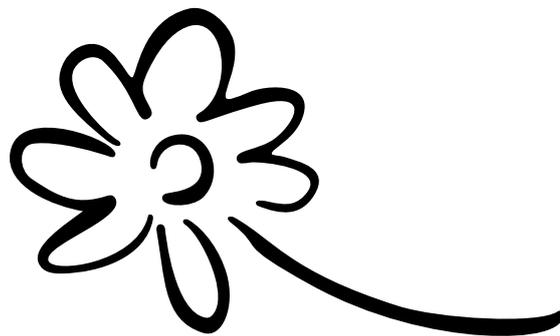


intention setting workbook

Creating Meaningful Change



Created for you by: Adrienne Enns
www.mayyouknowjoy.com

welcome

from Adrienne

A warm welcome to you!

As you may know, intention setting saves my life everyday. I learned it (through chance) as I recovered from my struggle with addiction. As I was recovering I decided to be on my own side, to choose how I would show up in the world and to put my energy towards creating a life that feels fulfilling and brings me joy.

It's messy and imperfect *and* fulfilling and joyful. This is not a to-do list item or a one-time thing. It's a beautiful practice that becomes a way of life.

I welcome you to this deep dive. It's an opportunity to get reacquainted with yourself and chart your course forward. I invite you to be honest, kind and have some fun.

This is what I've learned collected in a neat & tidy package. May it inspire you, connect you to your truth and also tether you to your highest dreams.

I wish the very best for you & hope you enjoy the journey!

Wishing you joy & adventure,

Adrienne

what is that
you are going
to do with this
one wild and
precious life?

Mary Oliver



what to expect

content overview

This workbook is a very intentional journey and one I hope you make time for and savour.

We will begin with an overview of intentional living. I want to remind you what this is all about and give you a guidance system for the road ahead.

Then, we will dive into your personal work:

- We will begin with this moment connecting you to who you are and how you feel.
- Then, we'll take some time for reflection. We'll take an inventory of the past year - the high points, the moments we're willing to leave behind & what we're grateful for
- The section on re-connection will create the opportunity for you to reassess what's really important to you
- Next, it's creation time. We're going to look at several aspects of your life and begin some dreaming and scheming.
- Finally, we'll create some daily rituals to create the foundation for your personal intentional practices.
- At the very end, there are few parting words of inspiration & links to additional resources.



How to Use This Workbook

practical tips & suggestions

First thing to know, there are no rules here. We always have to start where we are.

However, if I could wish the best experience for you, it would be this:

- this is a fillable PDF - you can type directly in it or print it off and write your answers
- take your time (for this kind of deep intention setting, I will take a good month - filling things out, reflecting, taking time to let everything percolate)
- move through the workbook sequentially as it is intentionally created to take you from the past, into the present and guide you forward
- it's not the quantity of time but, the quality - you may find that you write some ideas and then, mull things over as you go for a walk - allow the practice to permeate your life
- be honest and be kind (it's not a time for harsh self-judgement)
- dream big - we don't need to figure out all of the logistics right now - connect with your highest vision
- have fun and know that infinite possibilities await you
- you can do this anytime throughout the year - you will know when you need and want to



being intentional

what it means & where to start

Being intentional means you choose how you want to show up in the world (perhaps it's from a place of love or kindness or gratitude).

The power of choosing for yourself is not to be underestimated. This is a practice of self-love and of deep reverence for your life and your time on this planet.

Being intentional is about being deeply honest and authentic. It's also about really 'being' here. It's about mindfully living out your intentions every day because it feels worth it to you. You decide to become self-sufficient and seize responsibility for your experiences.

Intentional living is mindful, conscious living. It is the opposite of autopilot and numbing out.

When you start to live intentionally, your perspective and mindset will shift. Each action will become deliberate and come from a heart-centred place.

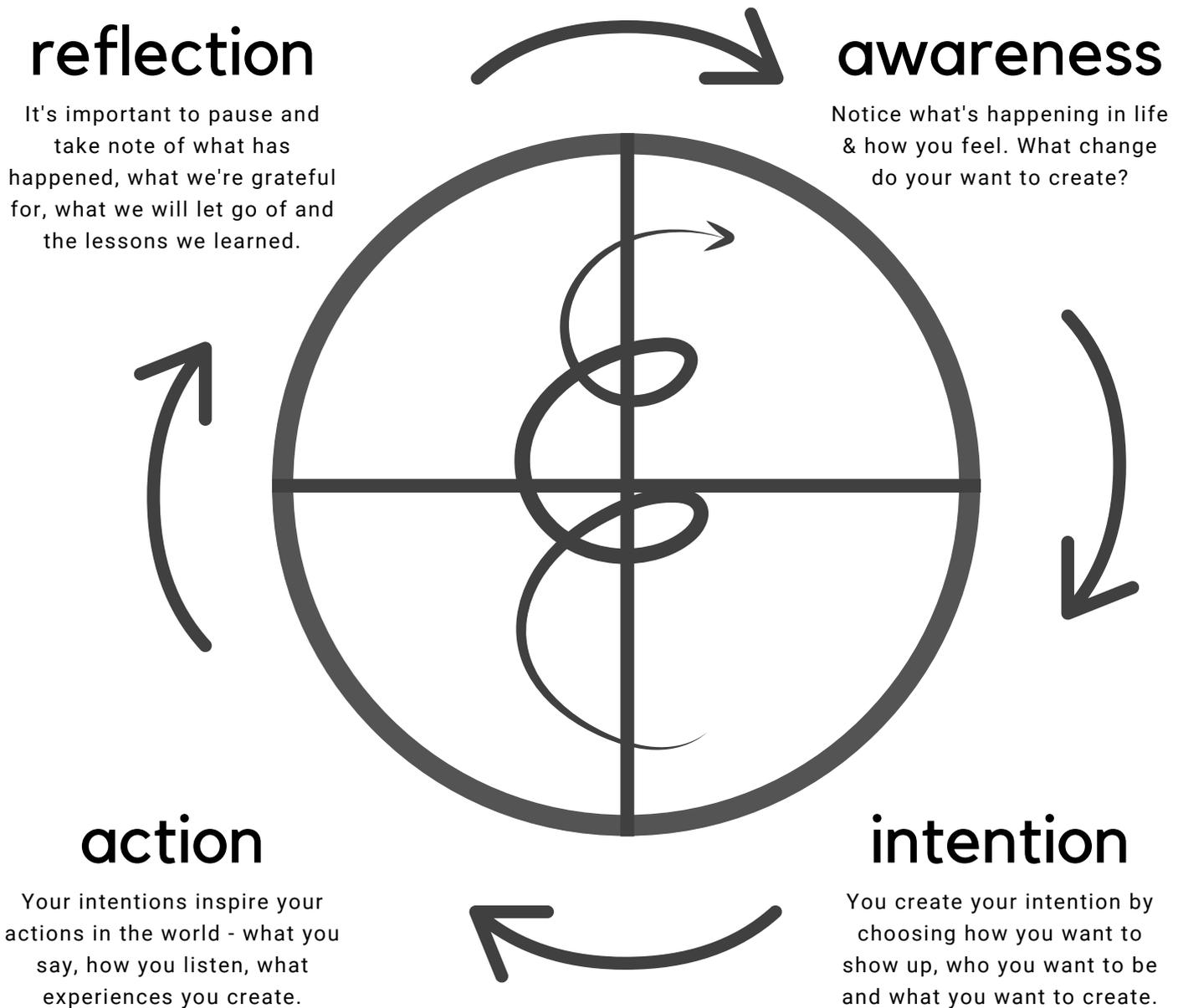
It's simple - not always easy - but, worth every effort.

Create your life on your terms and witness the magic & abundance unfold.

the intention cycle

cycling up

This is the cycle of being intentional. It can happen in a moment, a day and over a period of time.



Each time you move through this process, you are spiralling upward - learning, evolving and creating an intentional life.

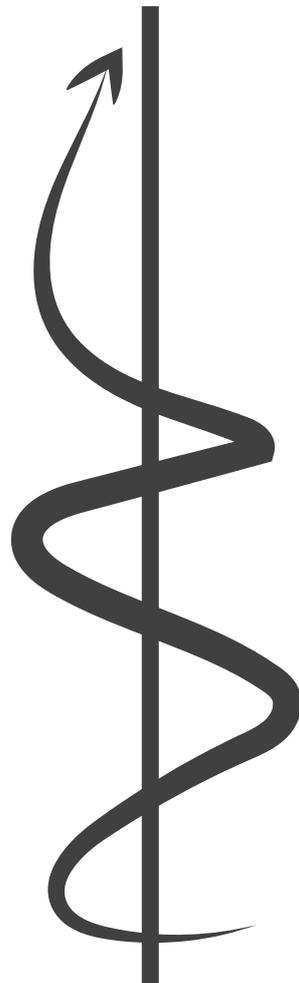
alignment

moving towards centre

This diagram is a useful way to think about intentional living.

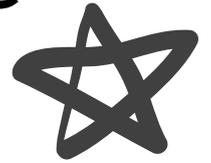
The vertical line is like your spine. This represents you in complete alignment. You are aligned with your core values, your truth and your dreams.

The wavy line is what happens when life happens - we get out of alignment. By living intentionally, we continually move back to centre & back into alignment.



reminder: this is a practice

this is a must read



Marked with a star to remind you just how important this is!

This is a p-r-a-c-t-i-c-e.

We are on the journey of life and it's one hell of an adventure.

This is not a to-do list item or a success metric.

When you try new things, you're going to learn new things.

Be open.

Be kind to yourself.

If it's uncomfortable, keep going.

It takes 21 days to form a habit.

Simple steps have a profound, transformative and cumulative effect over time.

Love yourself.

Create joy!



possibility & creation energy

you fuel this process

Instead of being on autopilot and going through the motions, I'm suggesting to you that you can create your experience and your way in the world.

This is beautiful and powerful creation energy.

Your intentions are opportunities.

Some days you will have a little energy.

Some days you will have a lot of energy.

Use whatever energy is available to you create your most intentional moments and life.

Possibilities abound. You need to see them as such and invite them into your life.

When you meet possibilities with creation energy - WOW - anything is possible. And, the results just may surprise you.

what is that
you are going
to do with this
one wild and
precious life?

Mary Oliver



commitment to self

be your own best friend on this journey

Dear Self,

I love you.

I am committed to being on your side. I will speak to you with kindness and I will nourish your body, mind and spirit.

In completing this intention setting practice, I will be honest. I will honour the challenges and traumas in my life and take the lessons forward.

I commit to using my energy to create. I will create greater calm and ease in my mind, my body and my life.

I will compassionately look at these areas of my life and identify what I want to cultivate and create.

I will find joy in my wholeness and in playing an active role in the creation of my moments, my days, my experiences and my future.

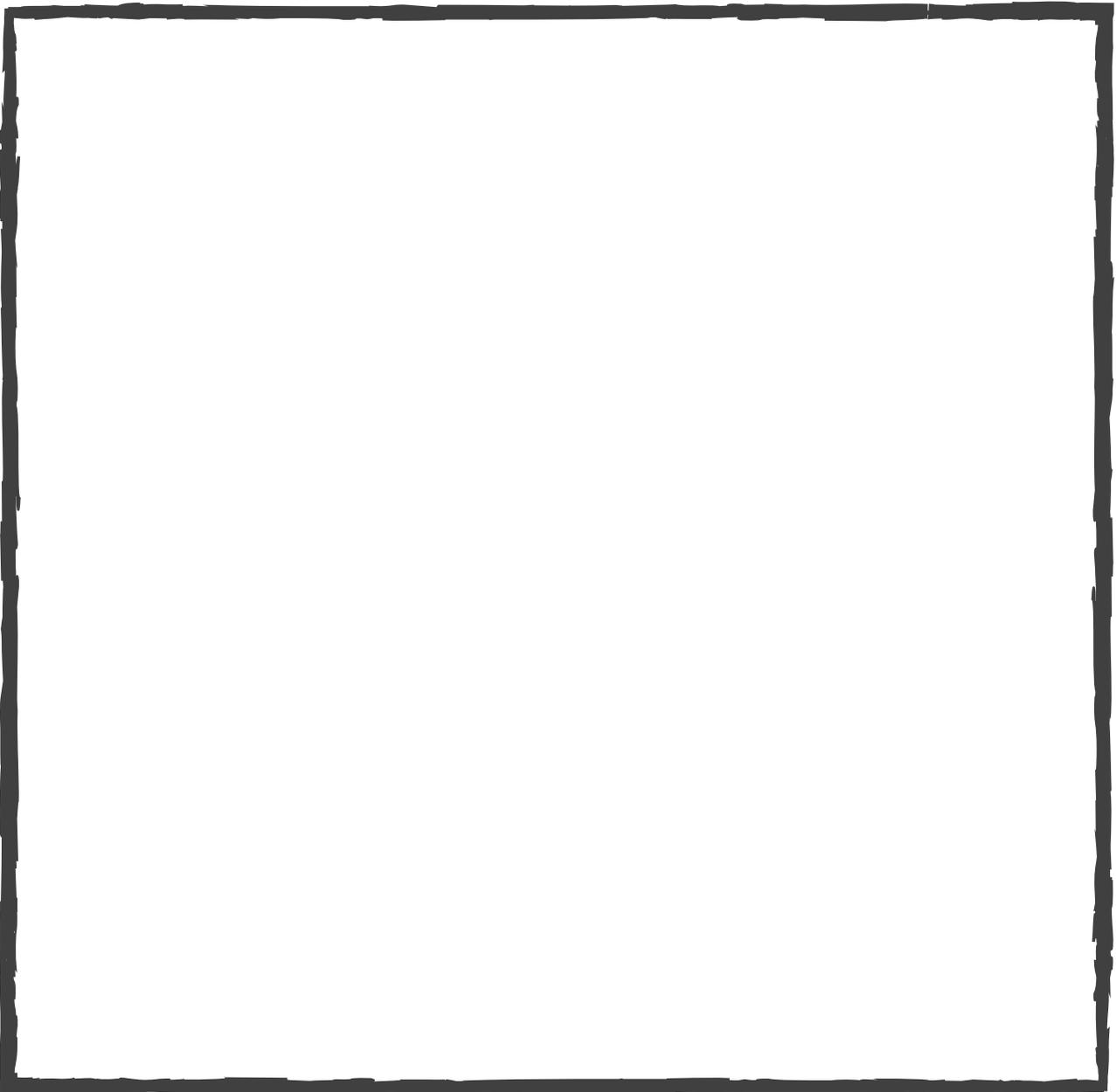
I am grateful for this opportunity and am excited to explore all of the possibilities life has in store for me.

I will be curious & courageous!

commitment to self

be your own best friend on this journey

[I gave you a head start. If the Note to Self feels complete to you, please re-read it aloud and sign your name at the bottom. If there are additional commitments you'd like to add, I invite you to write them below. Then, read the letter in its entirety and sign your name.]



you are here

becoming aware of this very moment

What is going on in my life right now?

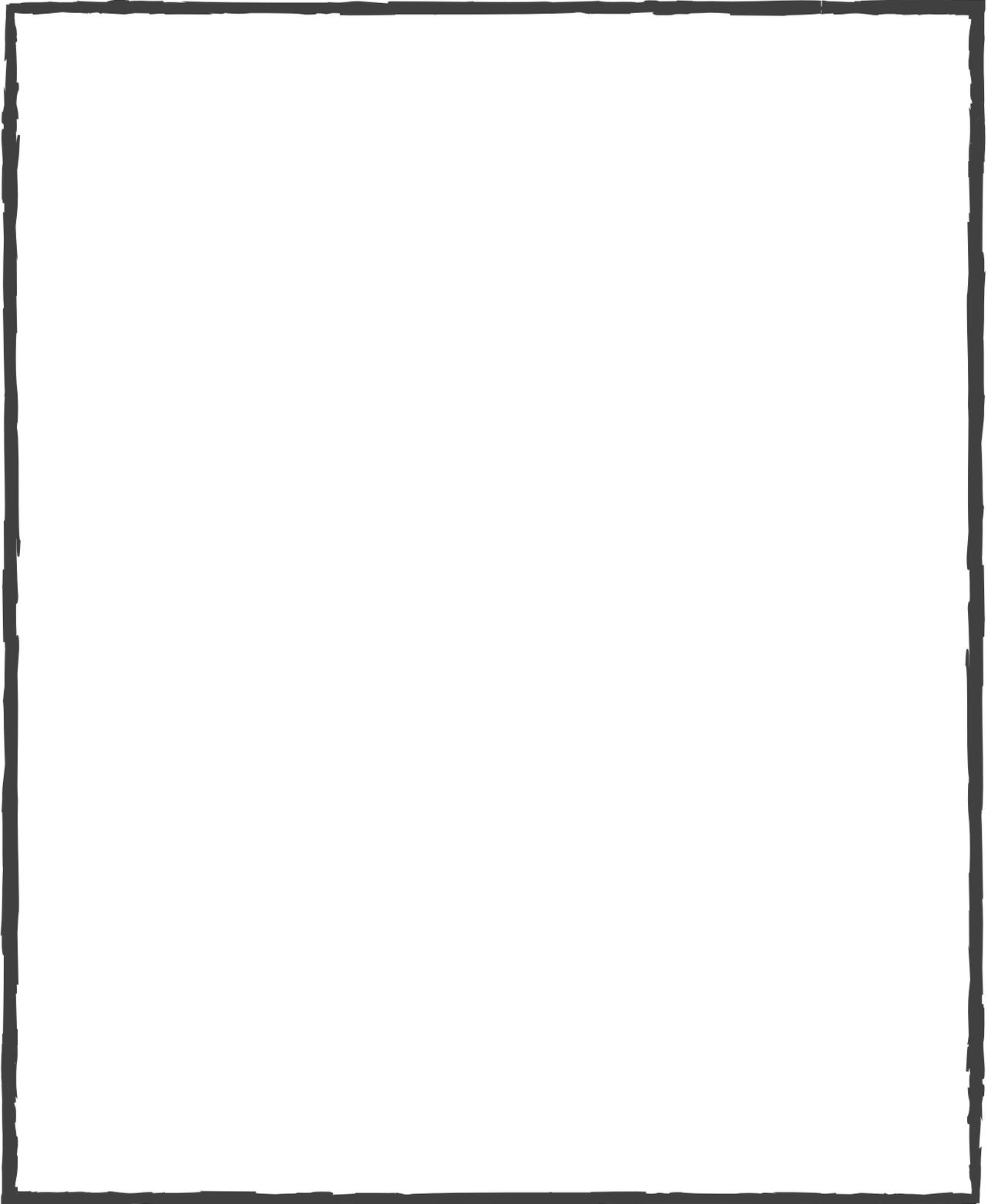
How does my body feel?

How am I doing emotionally?



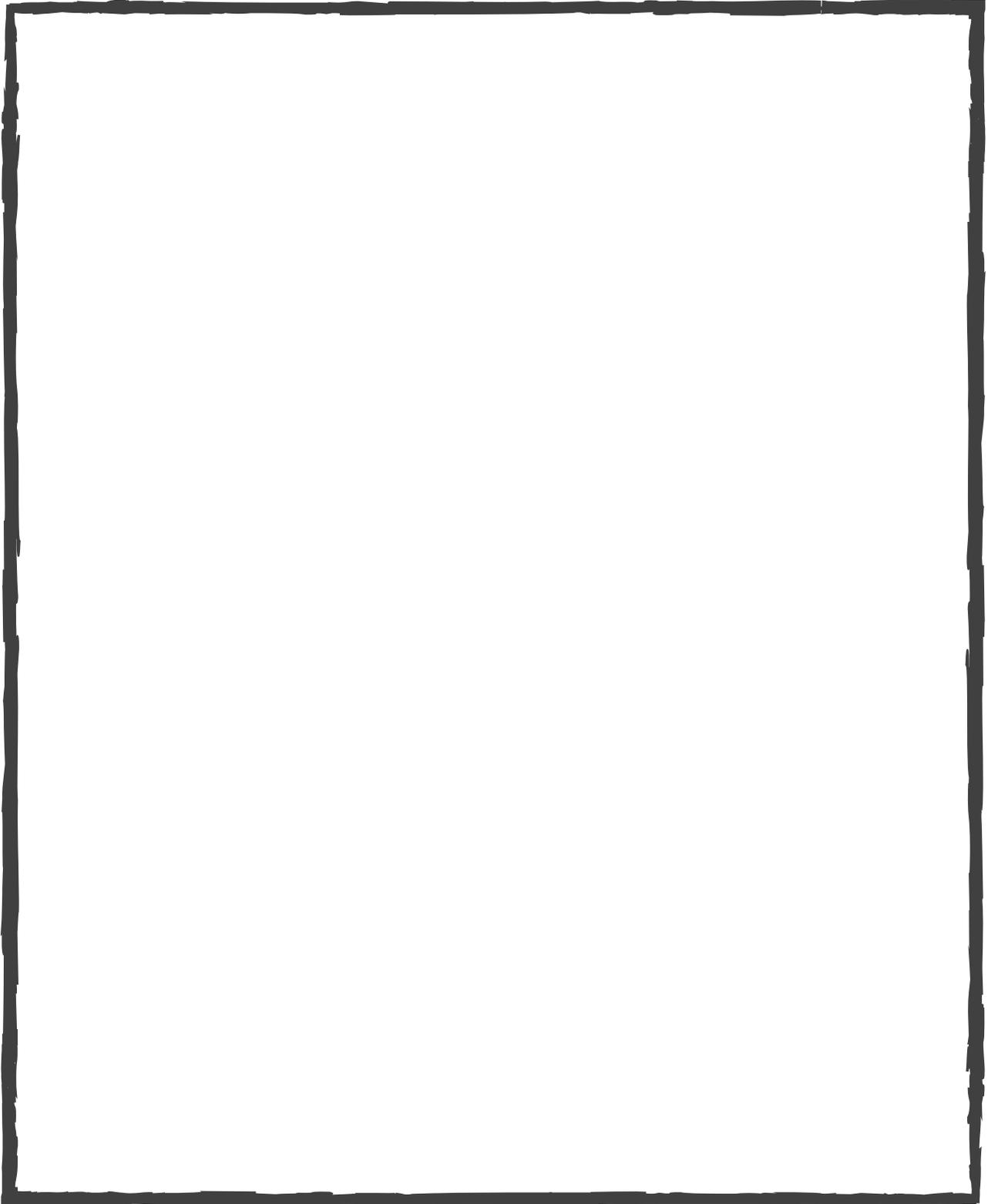
reflection: my moments

what moments from this past year
stand out & why?



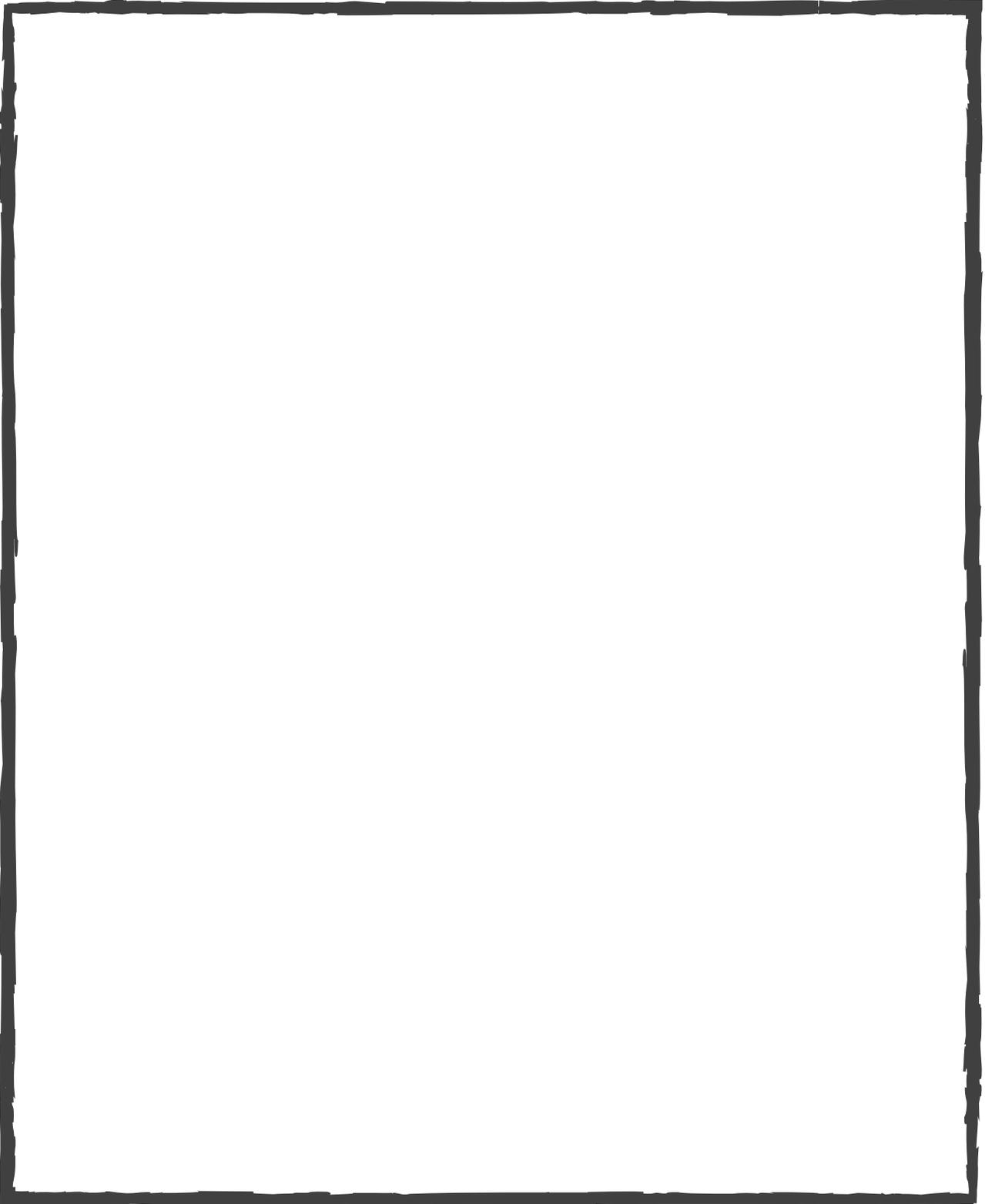
reflection: accomplishments

as you look back, what are you proud of?



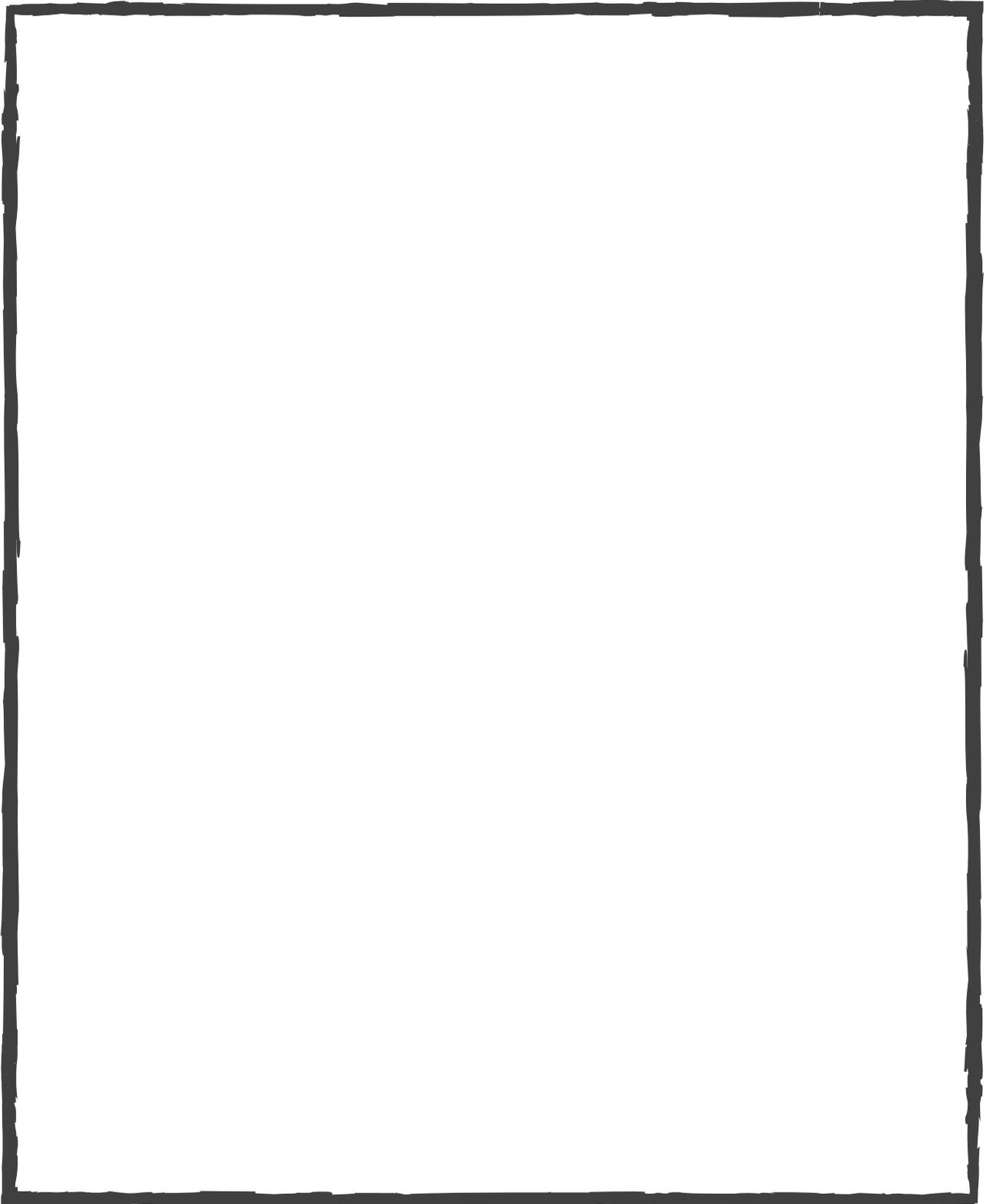
reflection: gratitude

when you look back over the past 12 months, what are you grateful for?



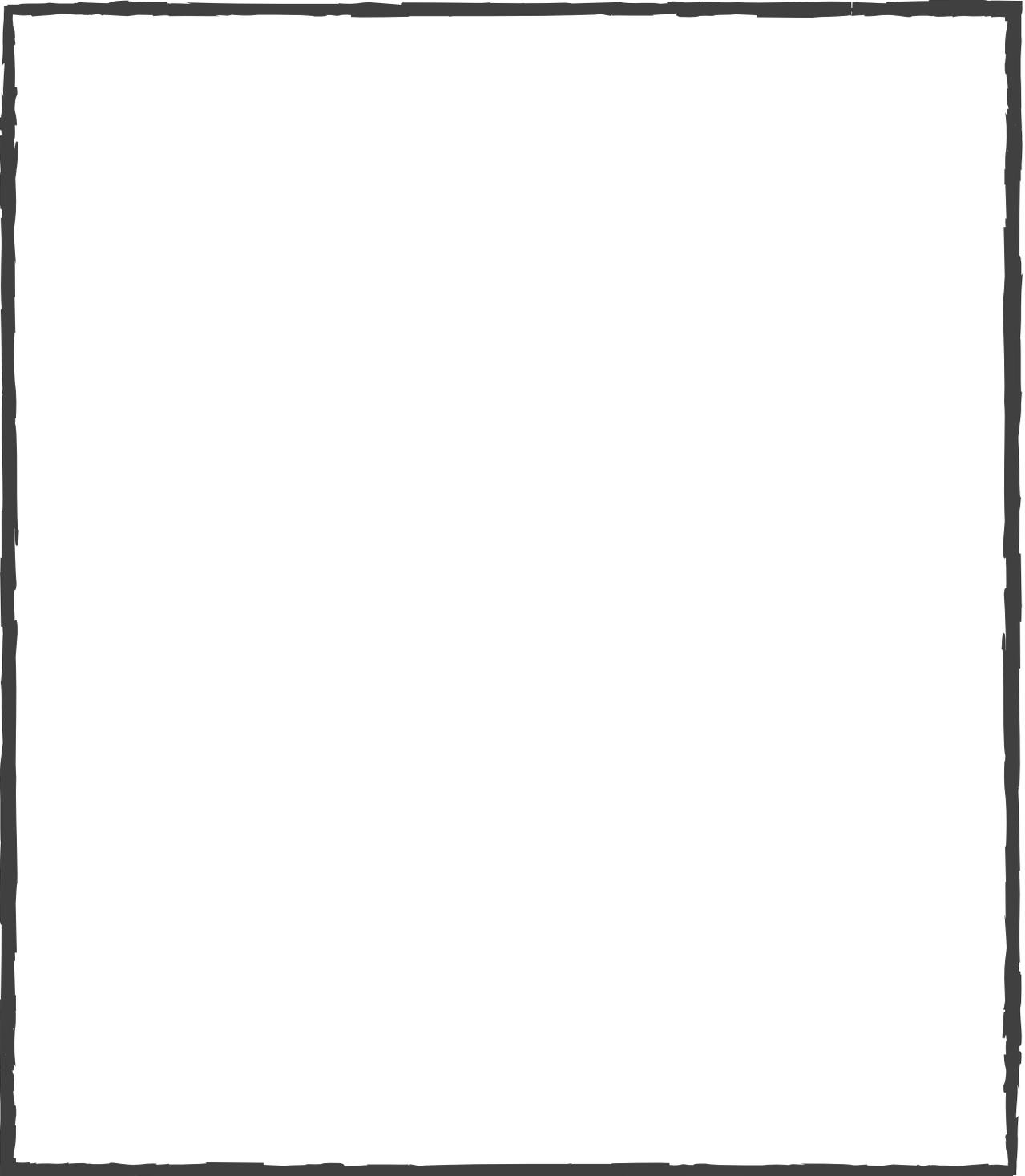
reflection: release

when you look back at the past 12 months, what are you ready to let go of?



re-connection: core values

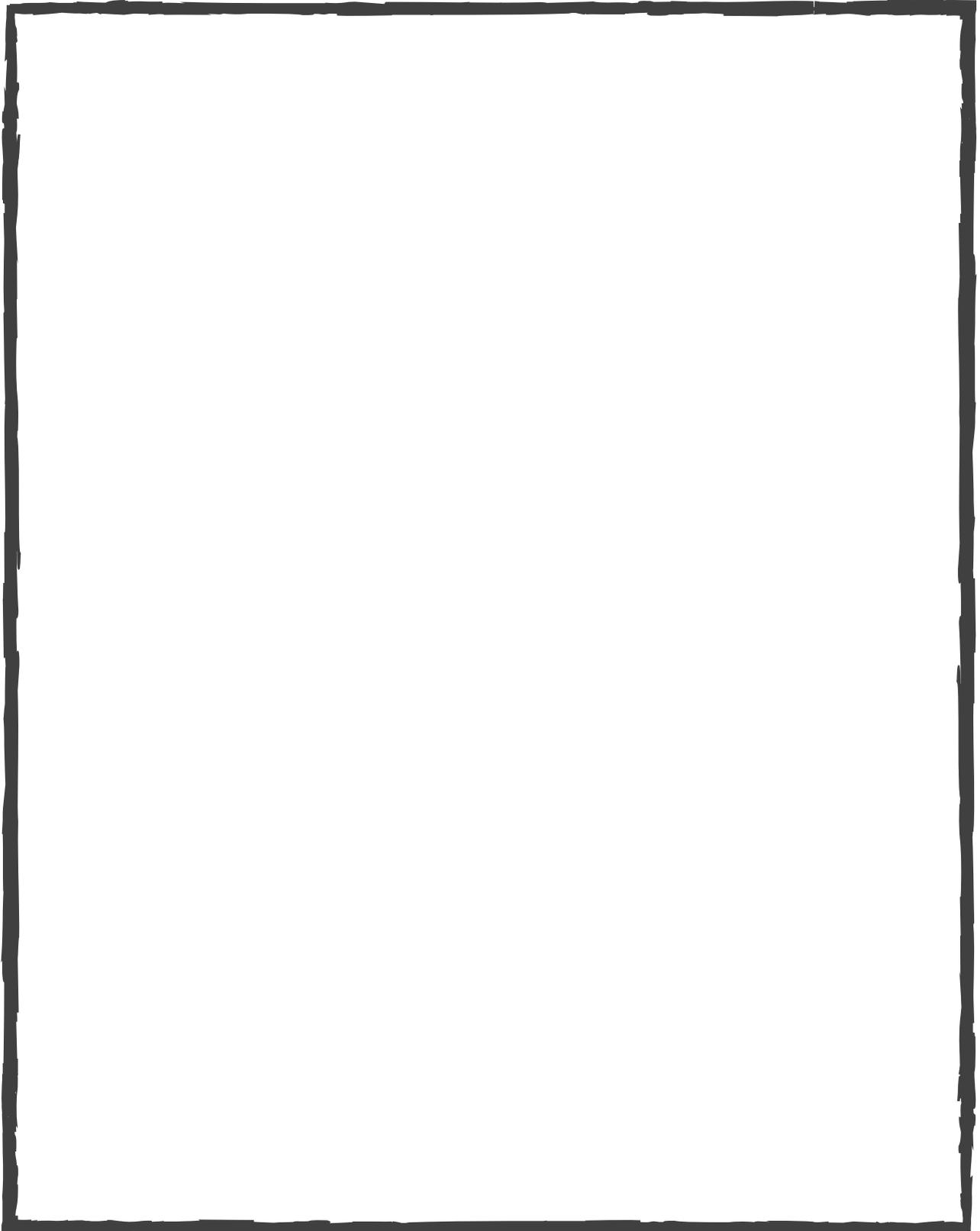
identify your top 10 core values



Need help? Here's a [link](#) to an extensive list of core values for inspiration courtesy of Brené Brown.

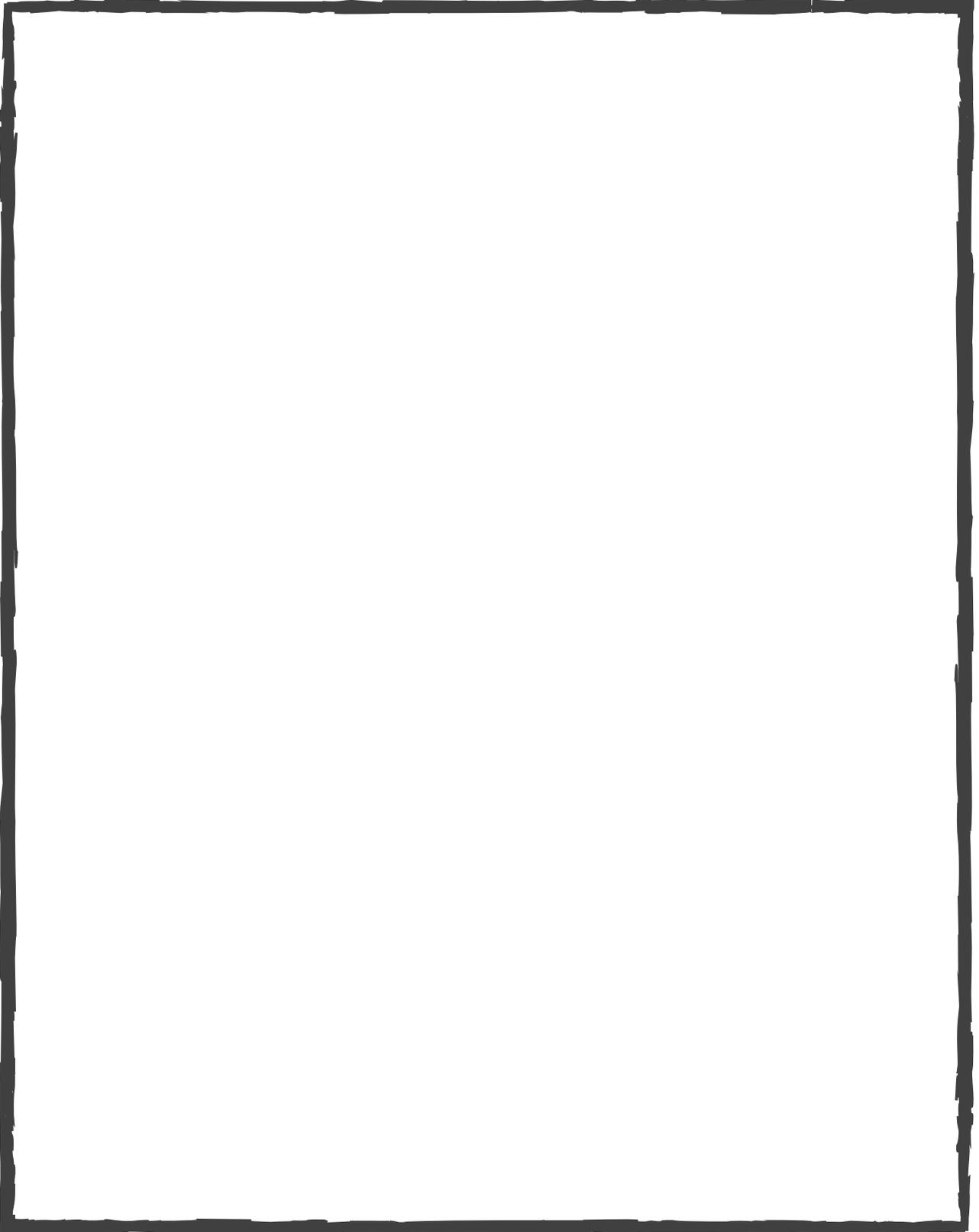
re-connection: beliefs

what do I believe in?



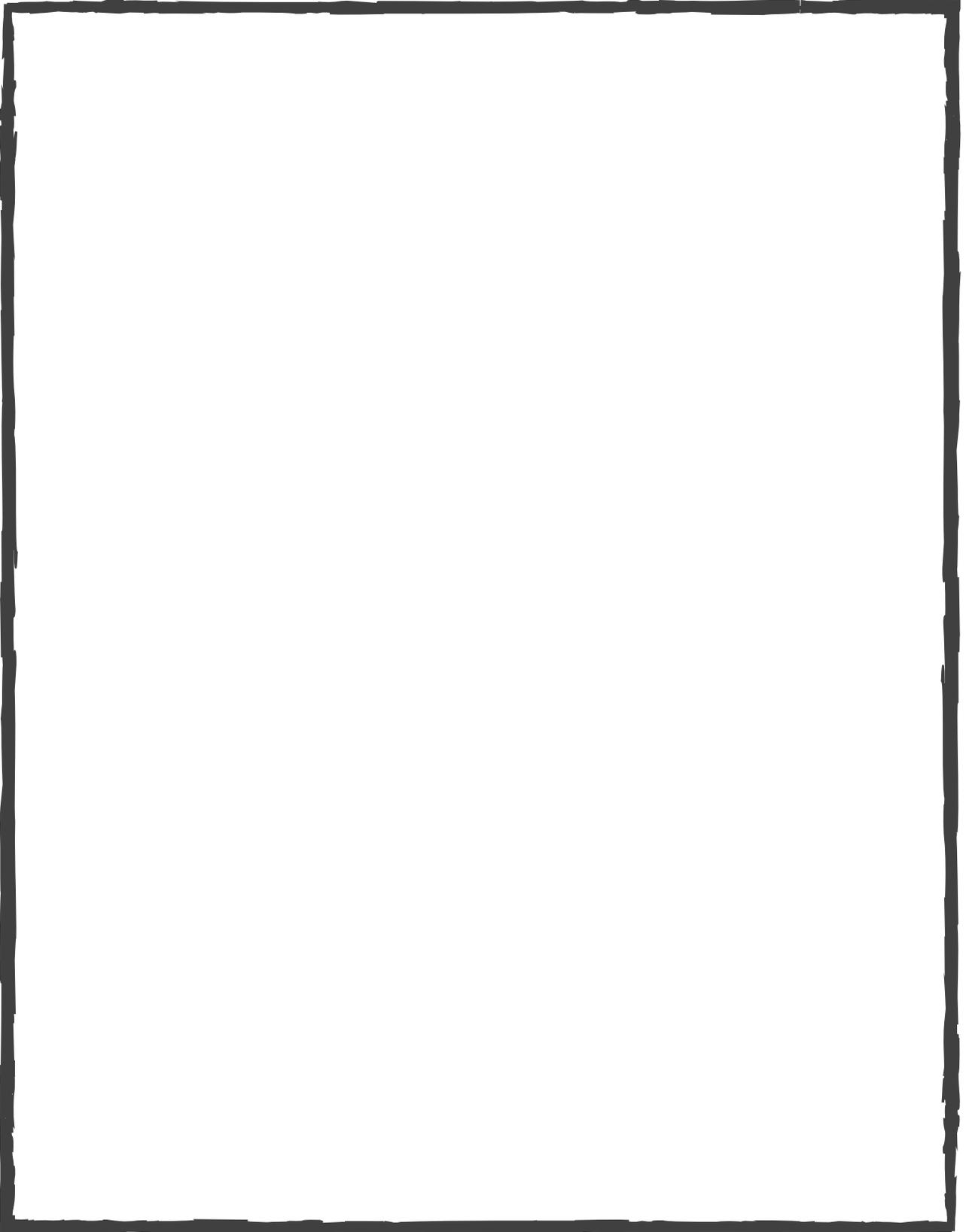
re-connection: loving life

what do you love about your life?

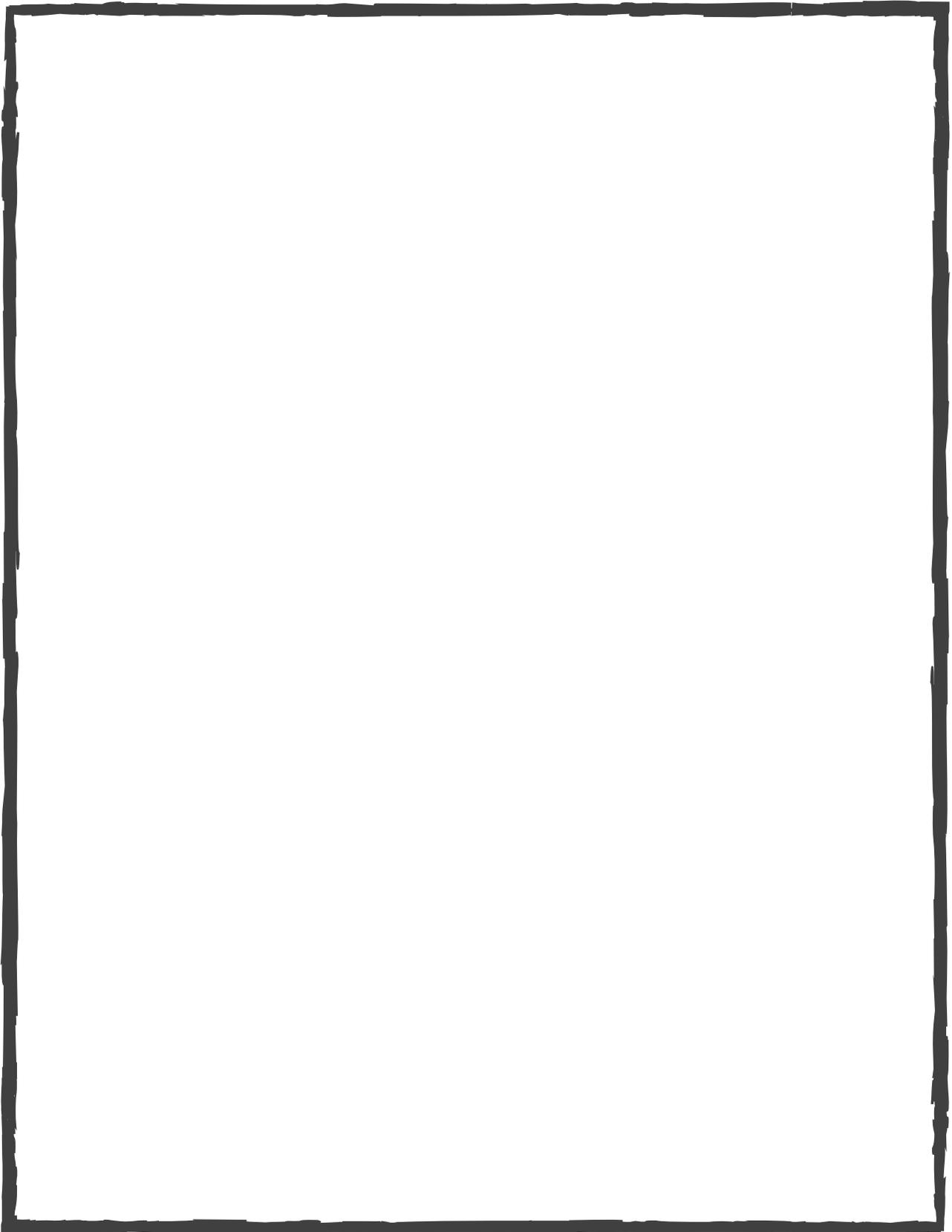


creation: feeling states

describe how you want to feel

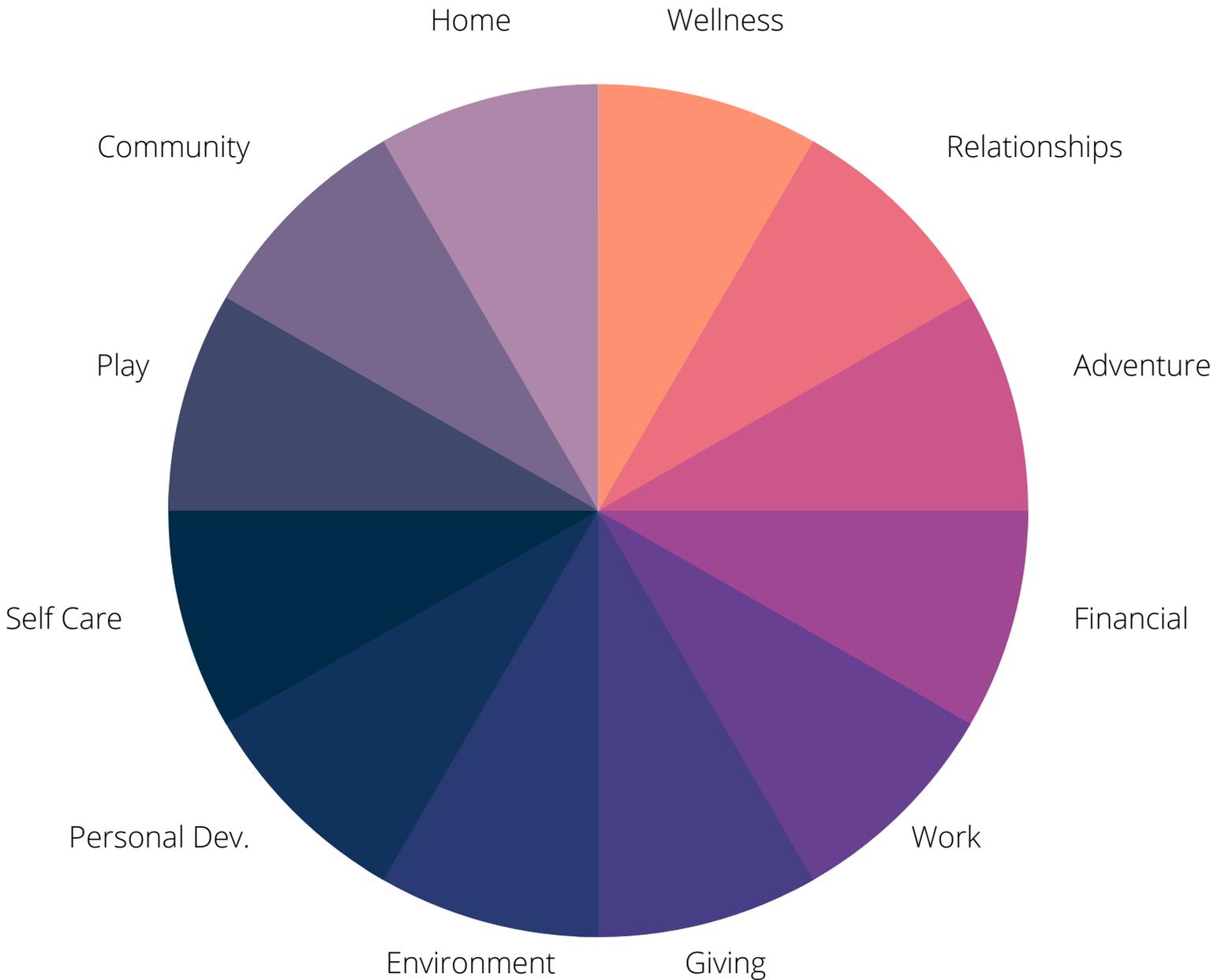


creation: directing energy
where do you want to put your energy?



creation: wheel of life

exploring the aspects of our lives



creation: wheel of life

explained ... 1

A circle represents our wholeness. The segments are aspects of our lives that are important to us, that we want to cultivate and be intentional about.

These 12 aspects cover a good amount of territory.

However, remember that this is YOUR practice so, if something needs to be deleted, added, re-worded, please do so. The more personal to you, the better!

In the following pages, we will look at each individually. We will explore what we want to create, what our specific goals may be and what we need to support us. Again, this is a guide so, if other questions/musings/thoughts/ideas grab you, please run with the inspiration.

To help you get started, here's an outline of what is being referred to with each of these aspects. Please make them your own!



creation: wheel of life

explained ... 2

Here's a brief description of each aspect:

Health & Wellness - this pertains to your physical, mental and emotional well-being. It includes diet, exercise, rest and whatever you need to do to take care of yourself

Relationships - these are important relationships in your life - ones that will deeply benefit from your care and attention

Travel & Adventure - from big to small, these are all of the trips, travels & adventures you'd like to plan

Financial - you will look at your financial goals - it may include your income, savings, budgeting or commitments

Career/Work in the World - this may will vary depending on your age and stage. Make it your own. This category may include your job, your career, your work in the world or planning for retirement

Giving Back - these are your activities from a place of kindness, generosity and philanthropy



creation: wheel of life

explained

The Environment - how can we do our part to take better care of the world around us

Personal Development - these are your plans to learn & grow

Personal Enrichment & Self Care - these are your plans to bring greater fulfillment to your life & be kind to yourself

Play & Relaxation - we all need to play! This is your chance to be mindful of including play & relaxation in your regular schedule.

Community - let's be mindful of the many communities we participate in and decide how we want to contribute

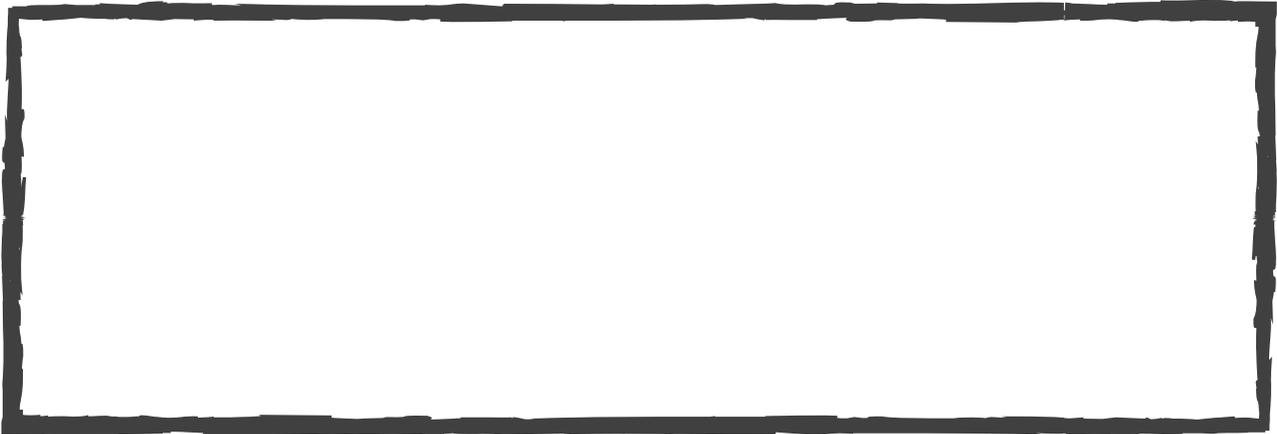
Home - think about how your home might change and evolve to support you in your most sacred and intentional living.

I want to thank Madeleine Marentette (Founder of Grail Springs) for introducing me to the concept of this wheel. She has a beautiful perspective on The 4 Seasons of Manifesting. Should you wish to explore this further, you can find it in our [Intention Session podcast episode](#) together.

creation energy

health & wellness

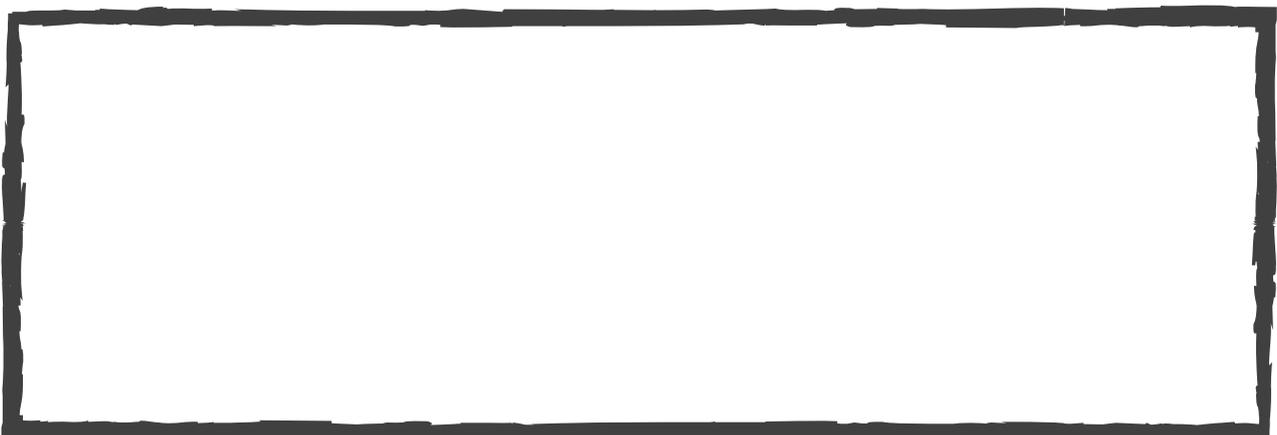
What do I want to create for myself in this aspect of my life?



What are my goals?



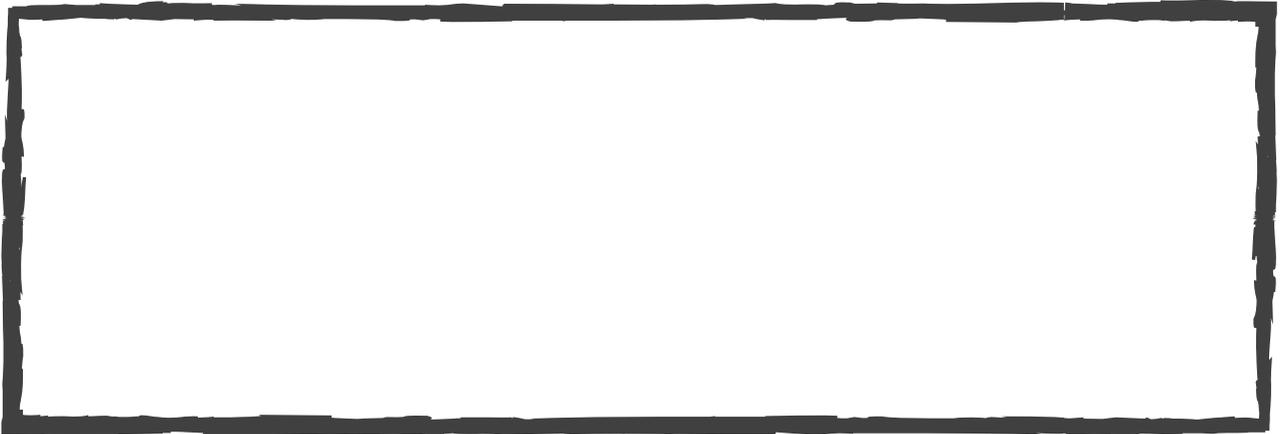
What will support me?



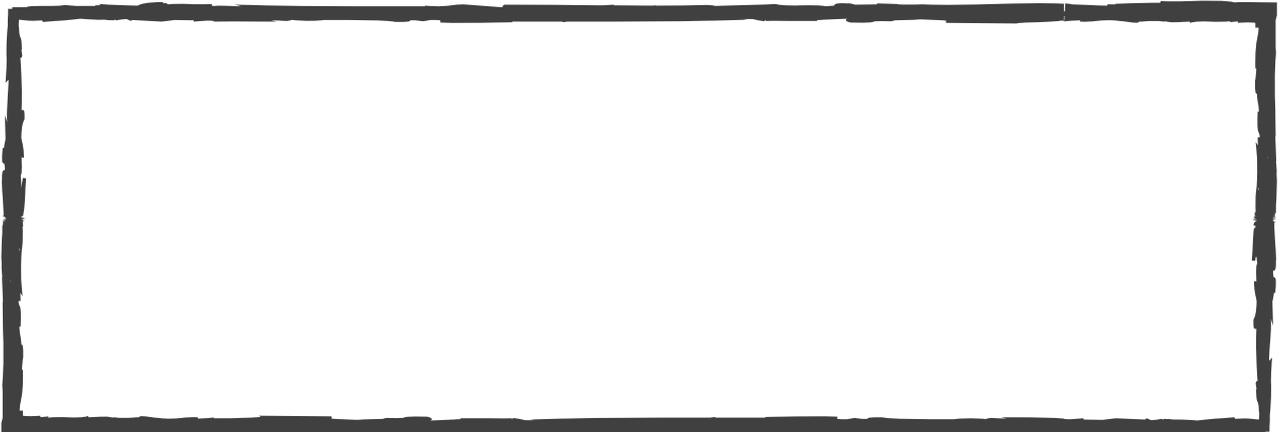
creation energy

relationships

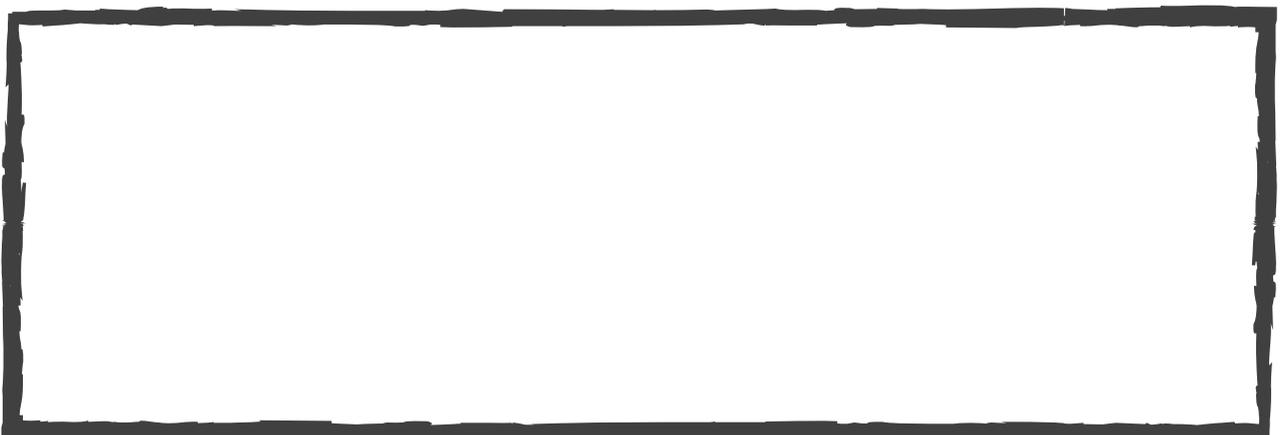
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What are my goals?



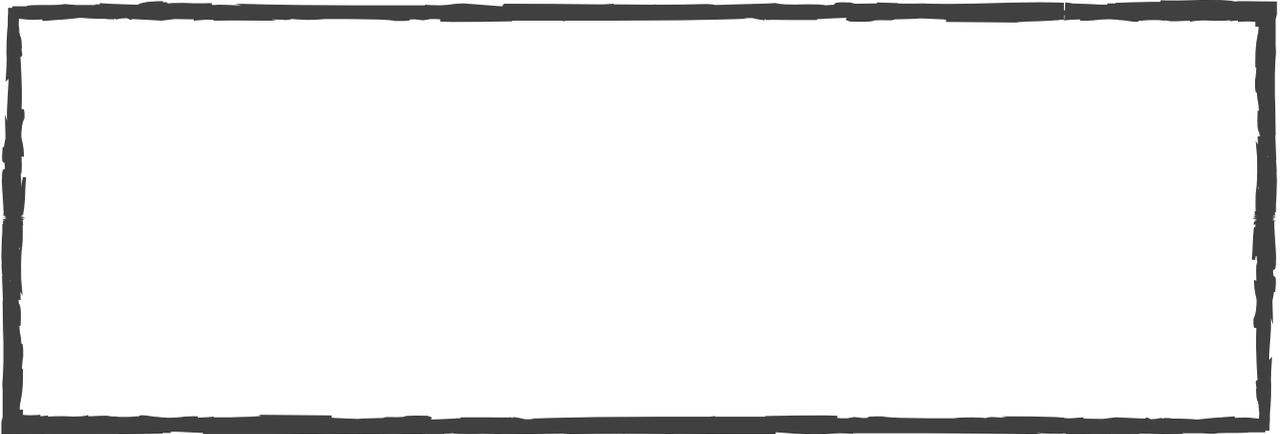
What will support me?



creation energy

travel & adventure

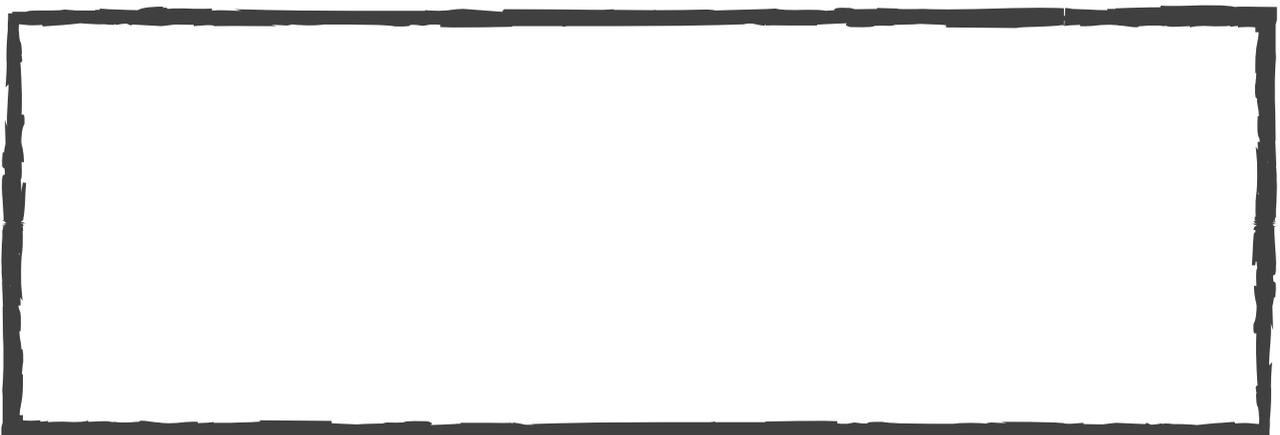
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What are my goals?



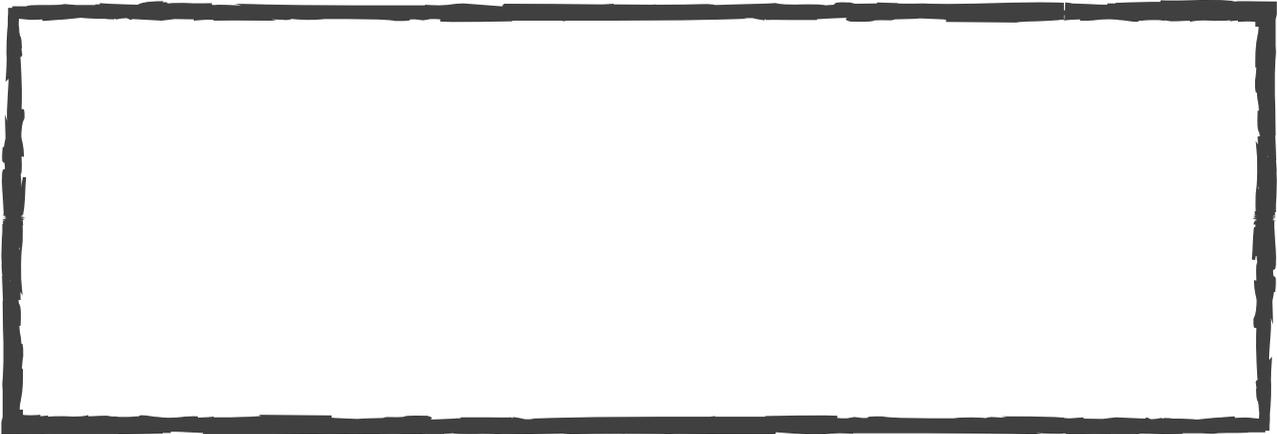
What will support me?



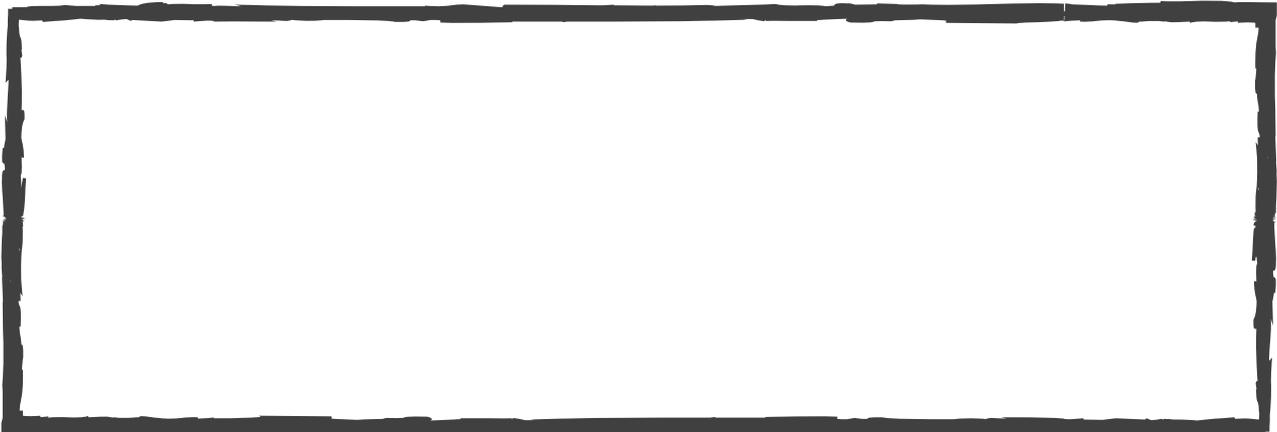
creation energy

financial

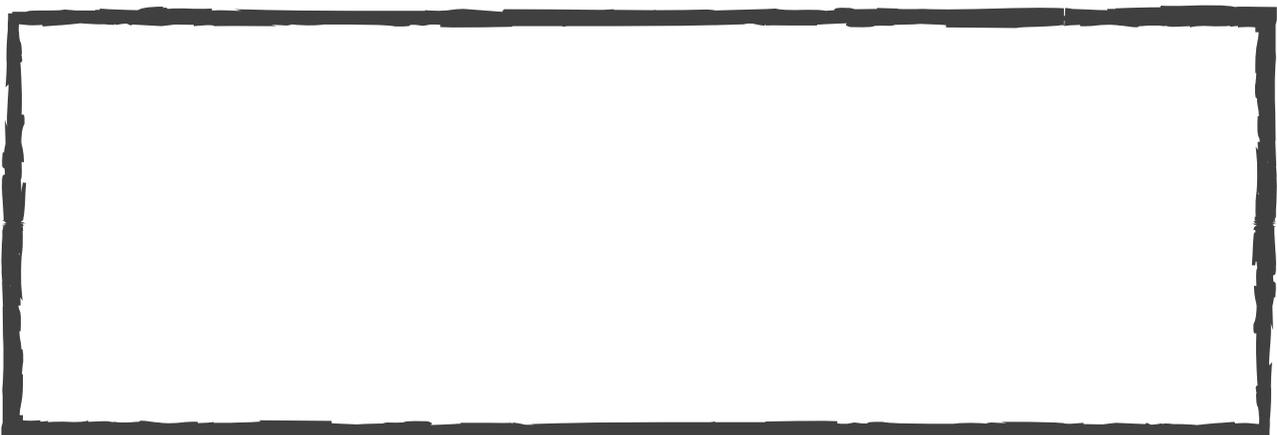
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What are my goals?



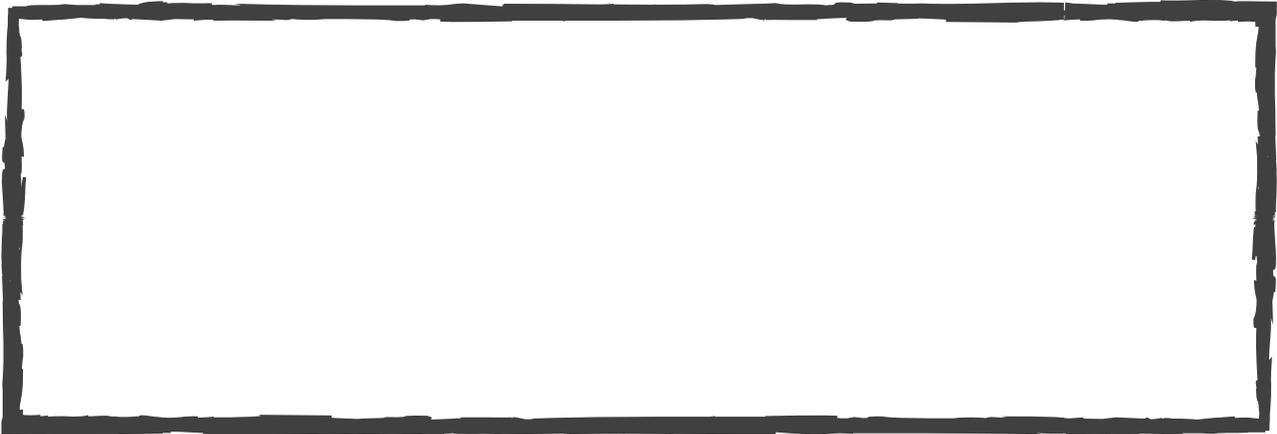
What will support me?



creation energy

career/work in the world

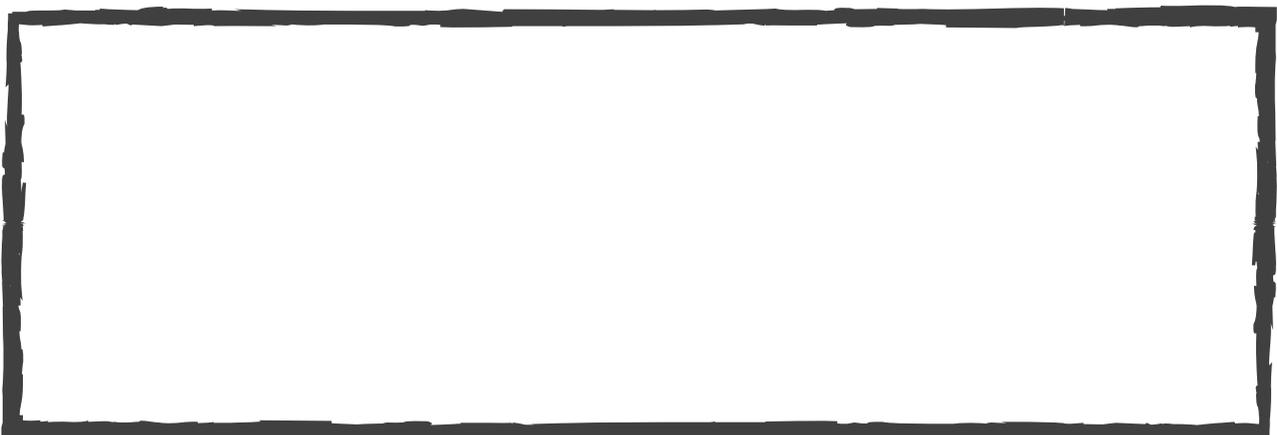
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What are my goals?



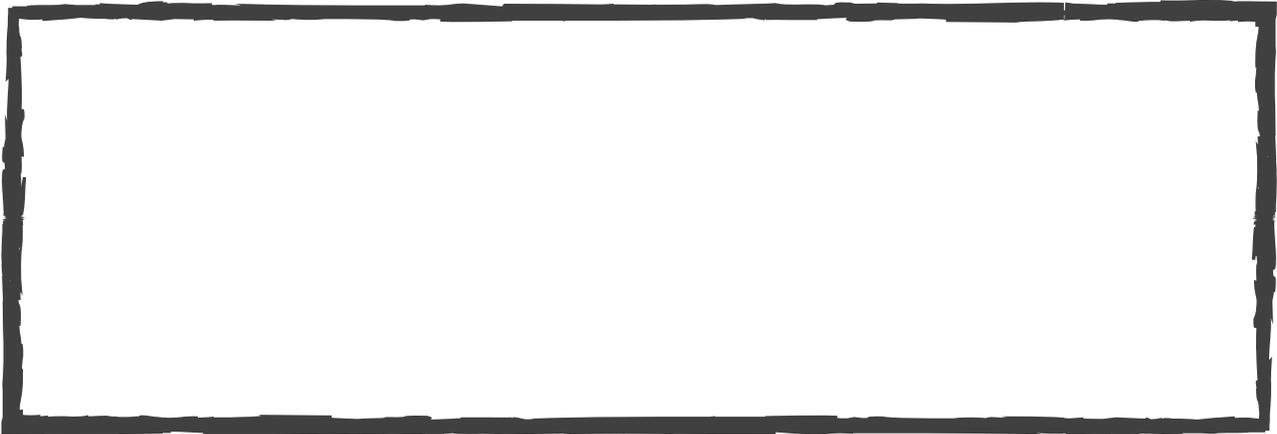
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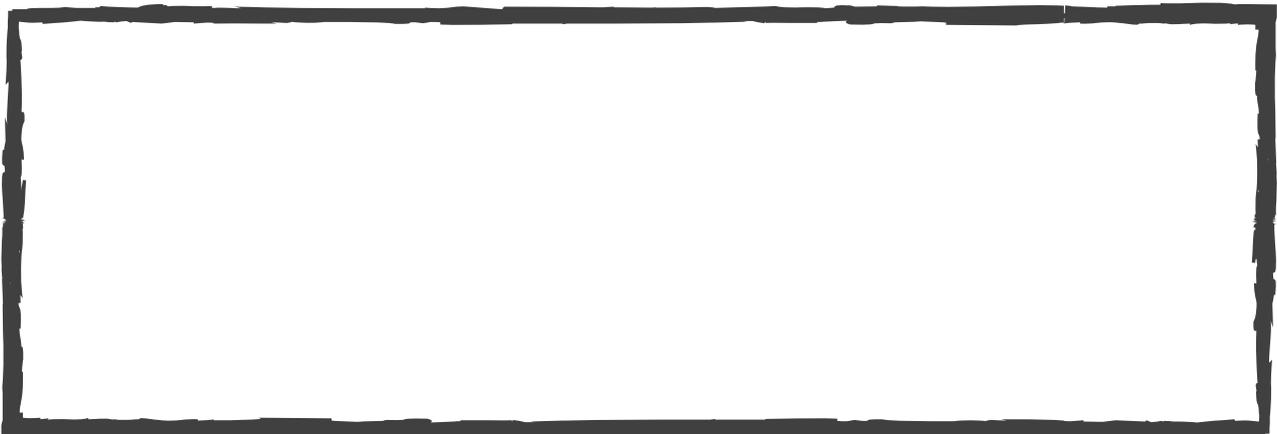
creation energy

giving back

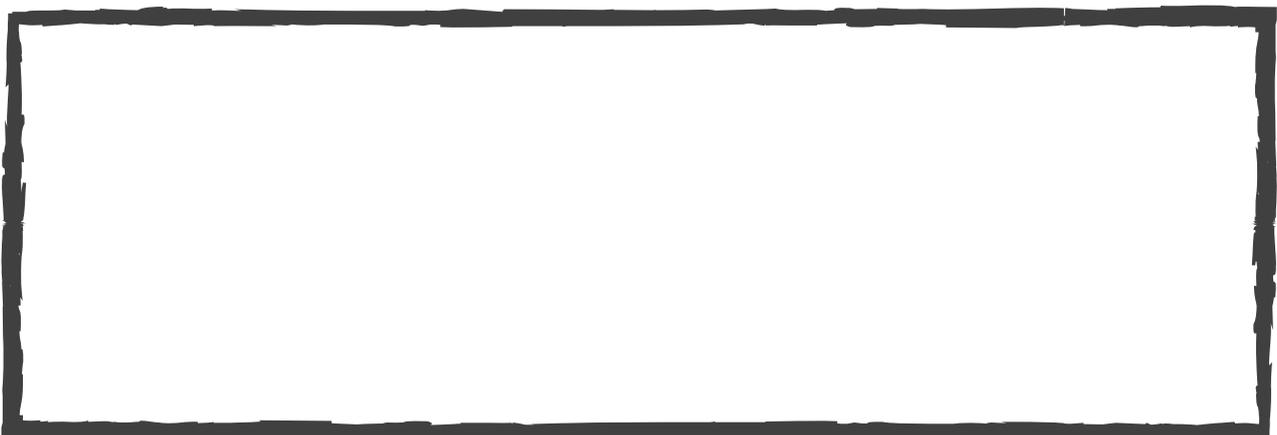
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What are my goals?



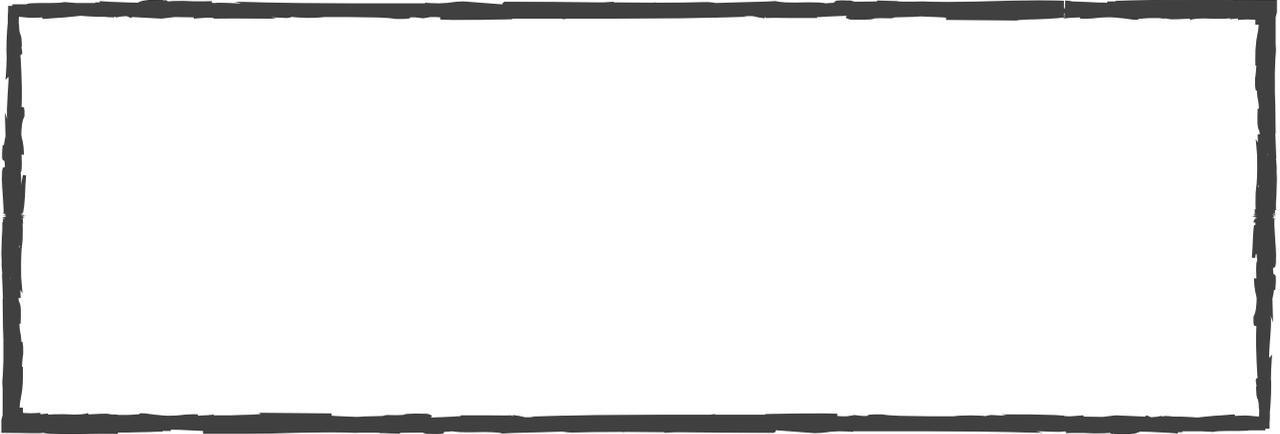
What will support me?



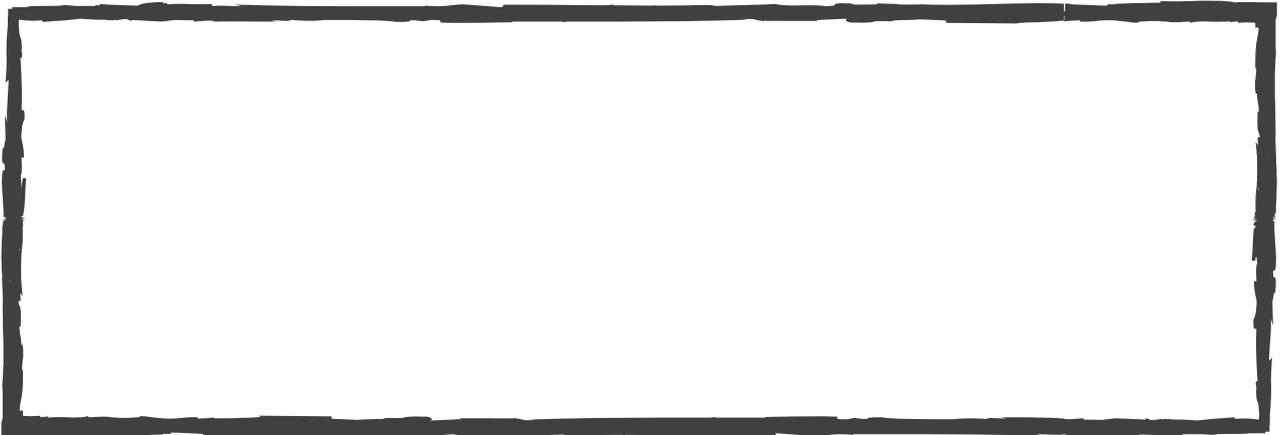
creation energy

the environment

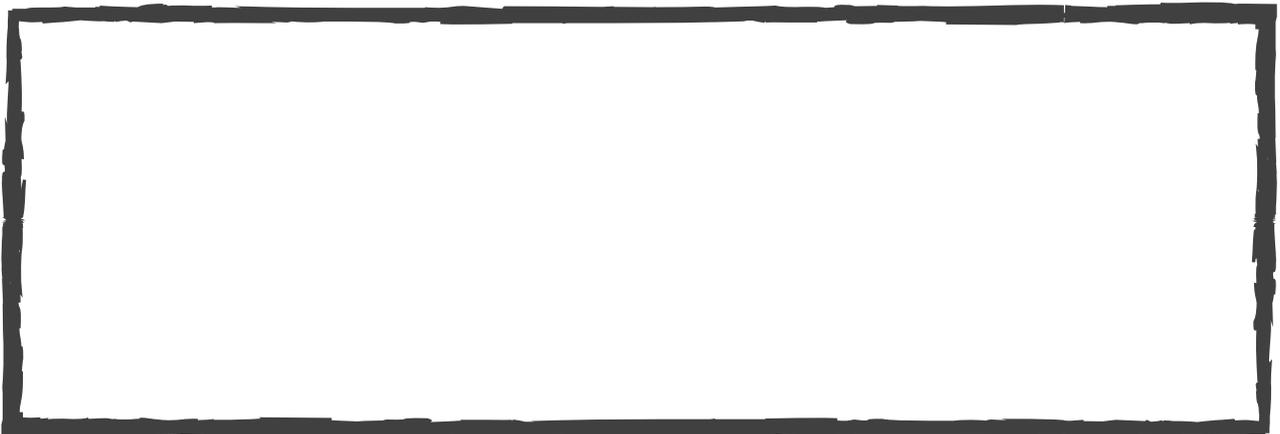
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What are my goals?



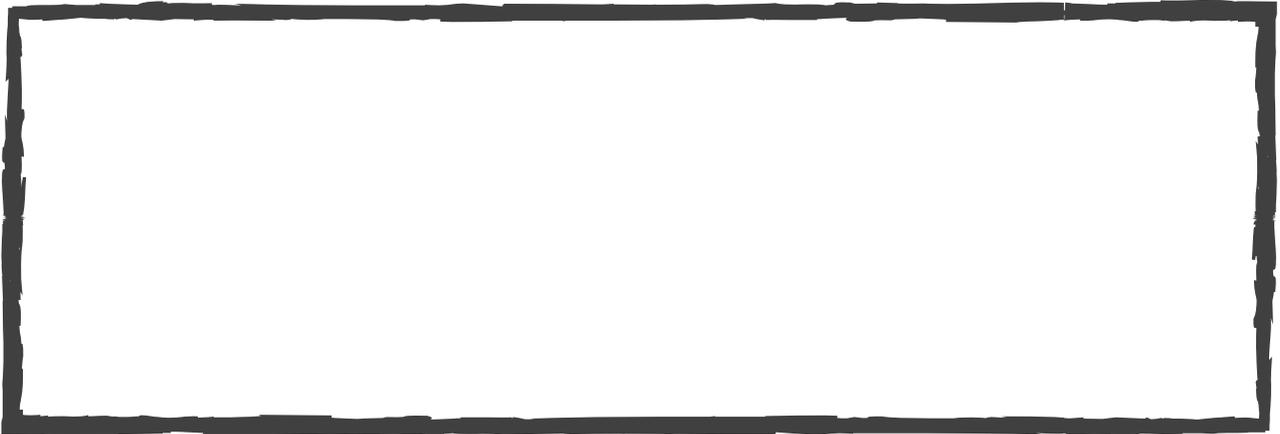
What will support me?



creation energy

personal development

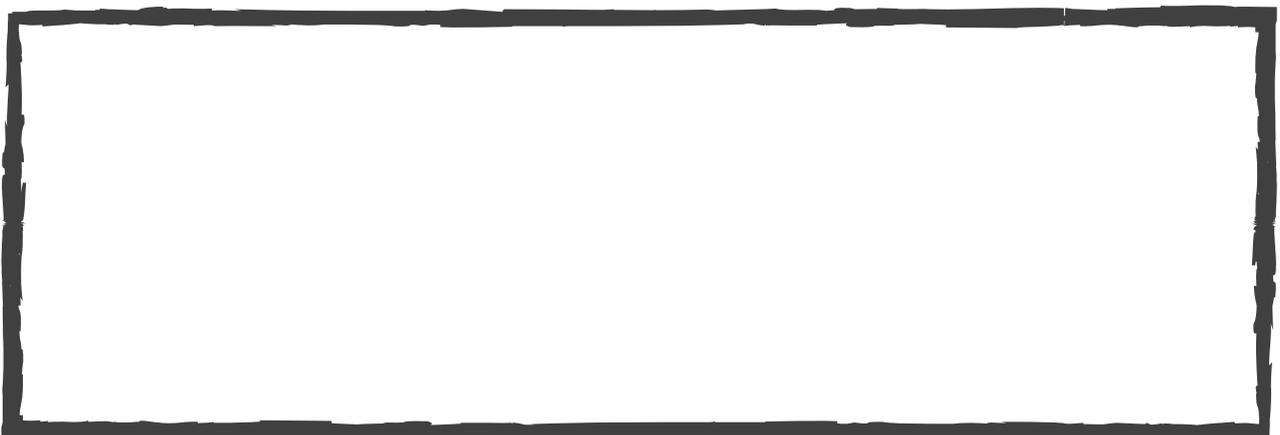
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What are my goals?



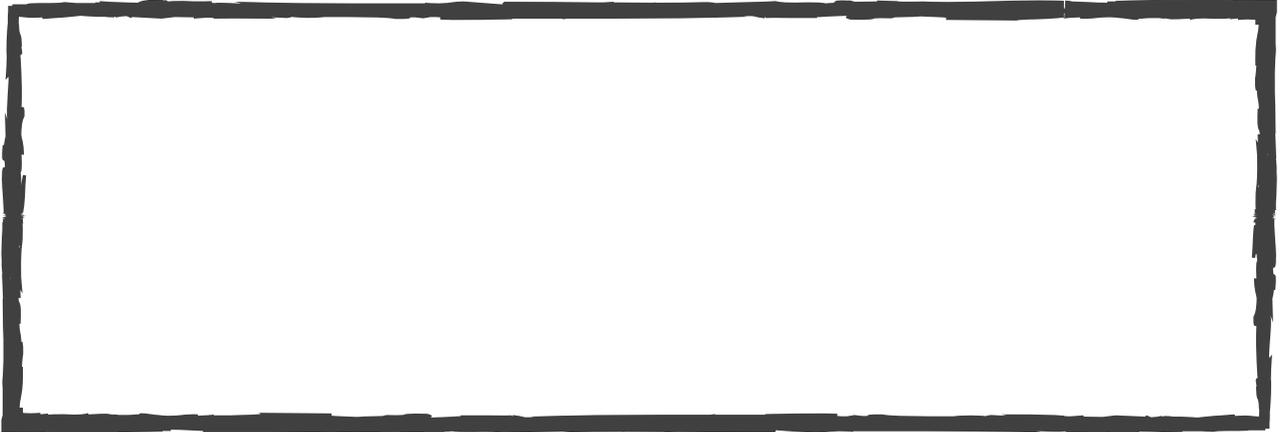
What will support me?



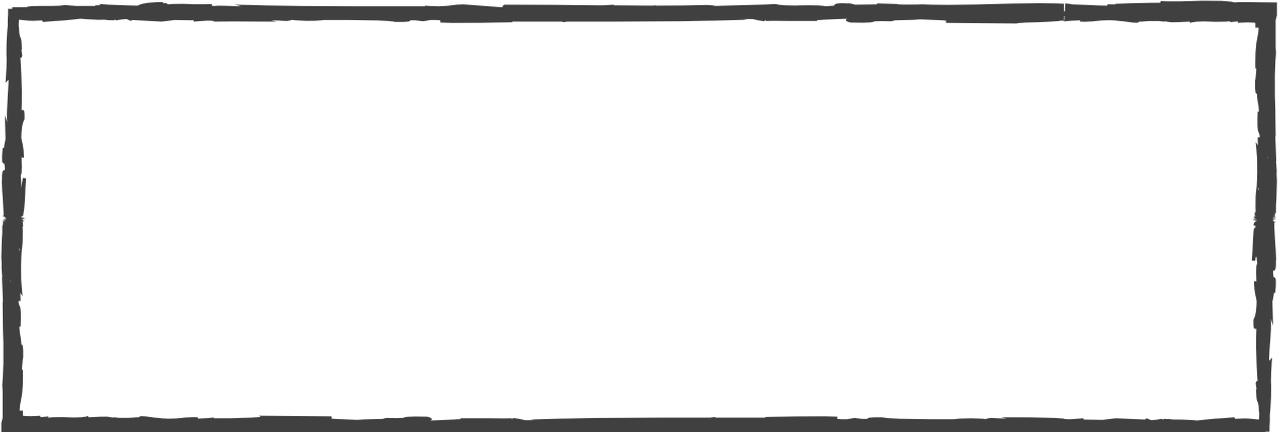
creation energy

personal enrichment & self care

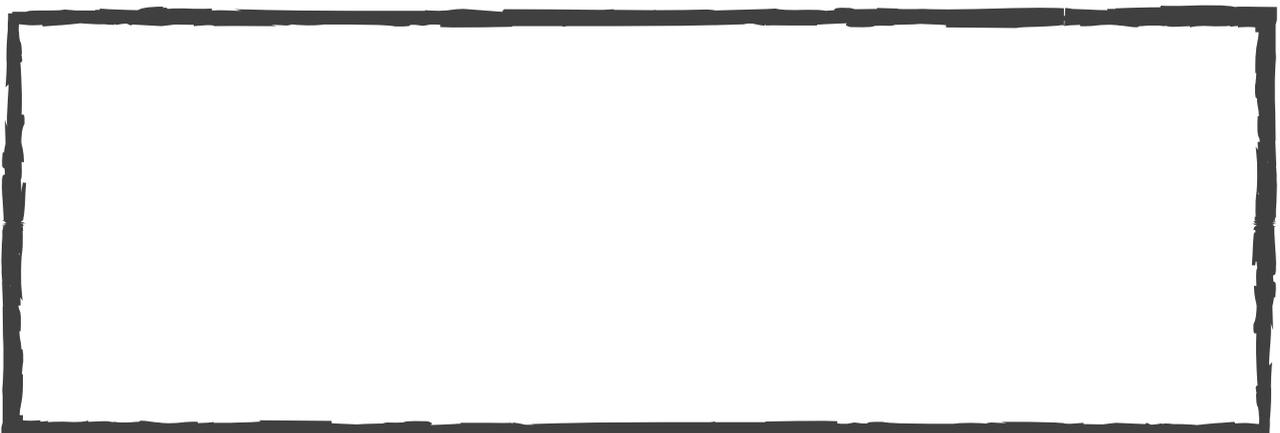
What do I want to create for myself in this aspect of my life?



What are my goals?



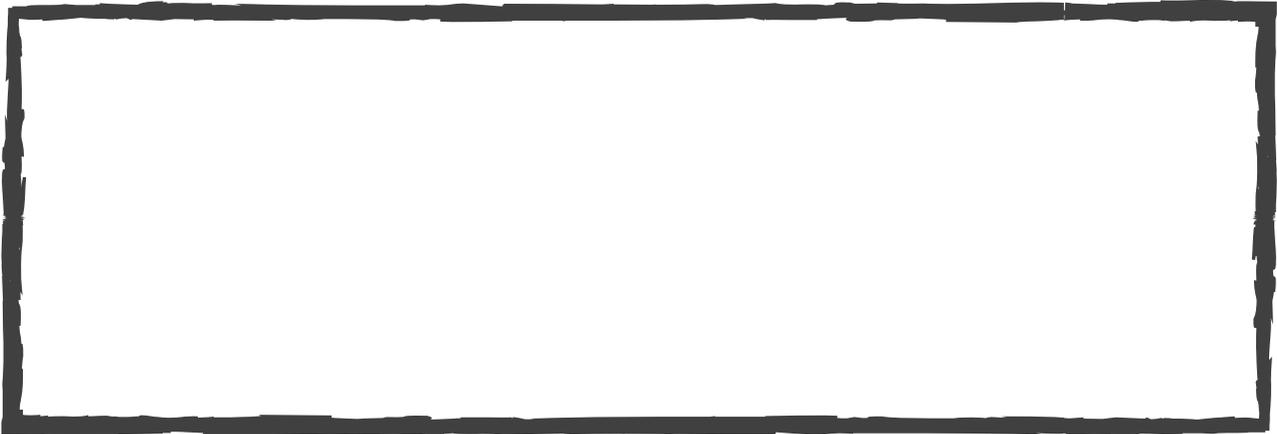
What will support me?



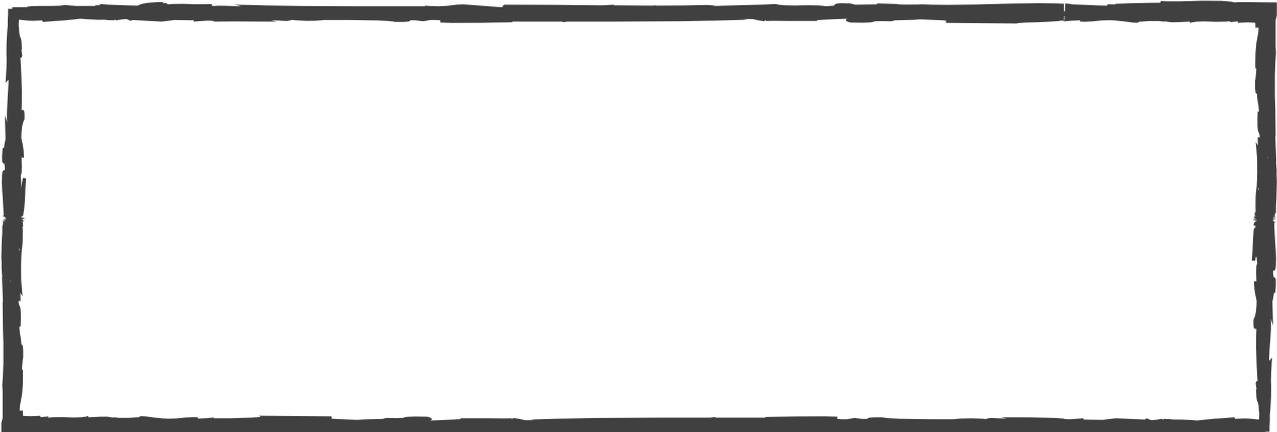
creation energy

play & relaxation

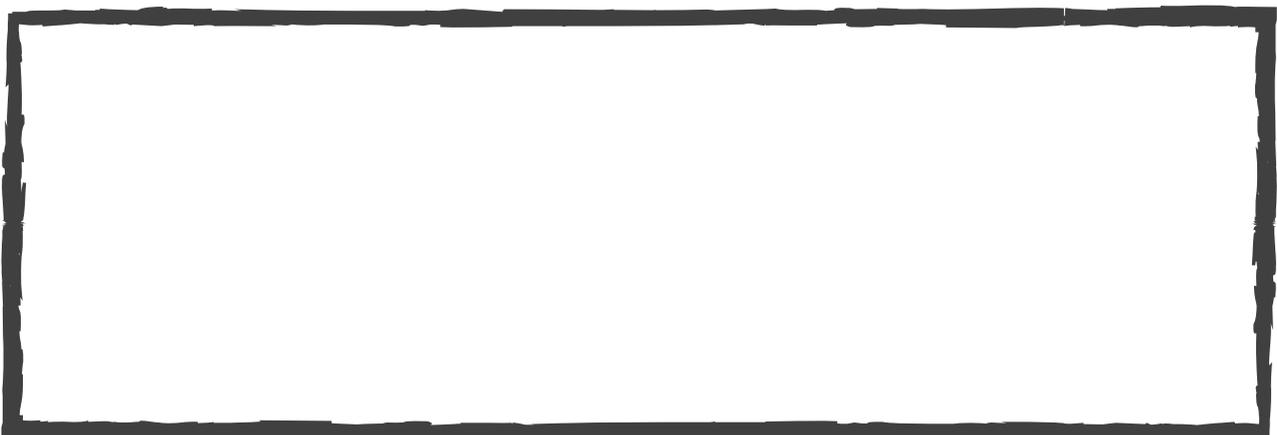
What do I want to create for myself in this aspect of my life?



What are my goals?



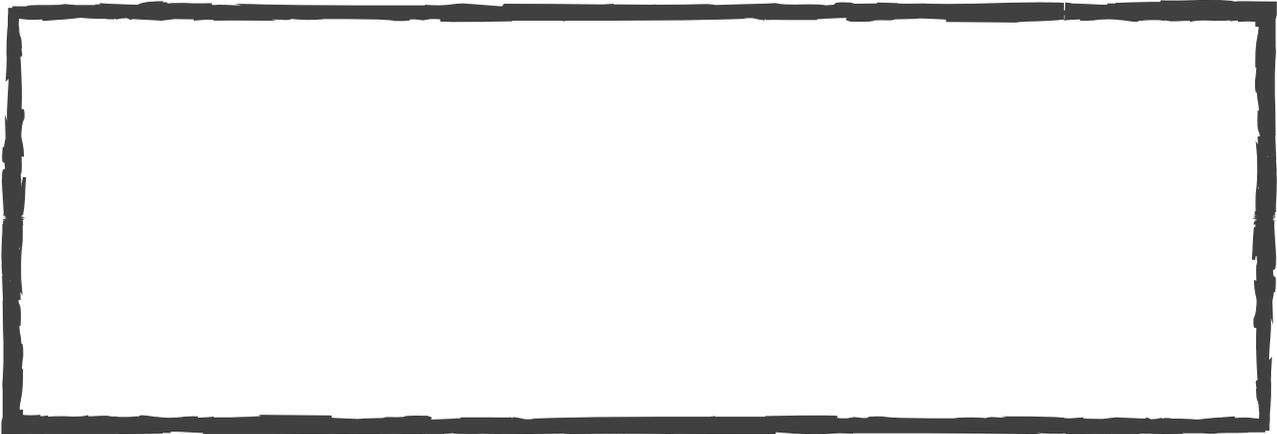
What will support me?



creation energy

community

What do I want to create for myself in this aspect of my life?



What are my goals?



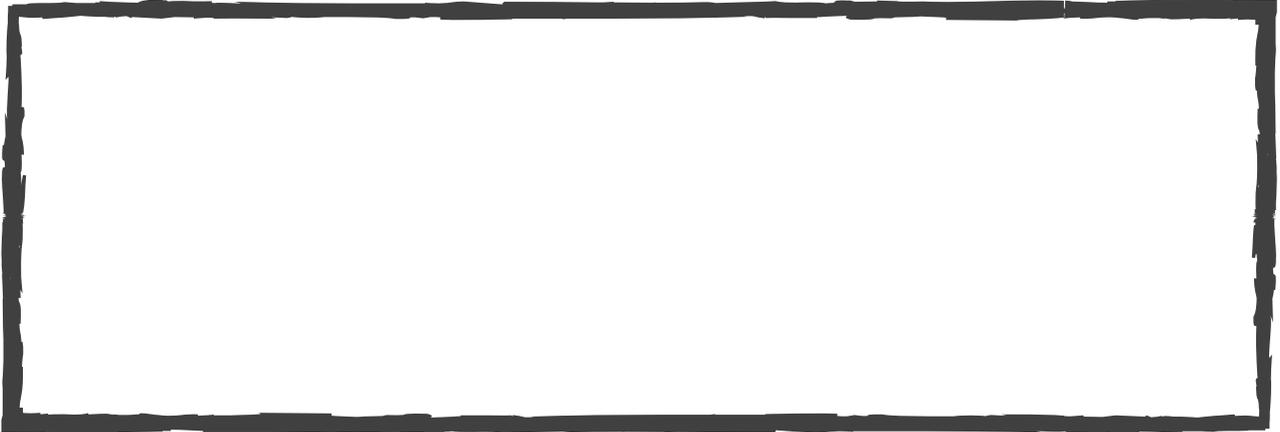
What will support me?



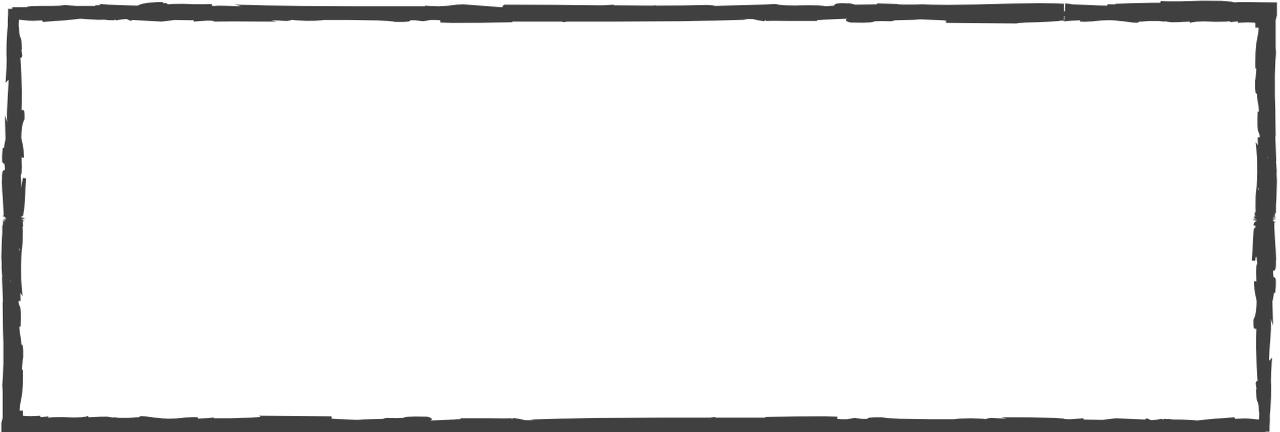
creation energy

home

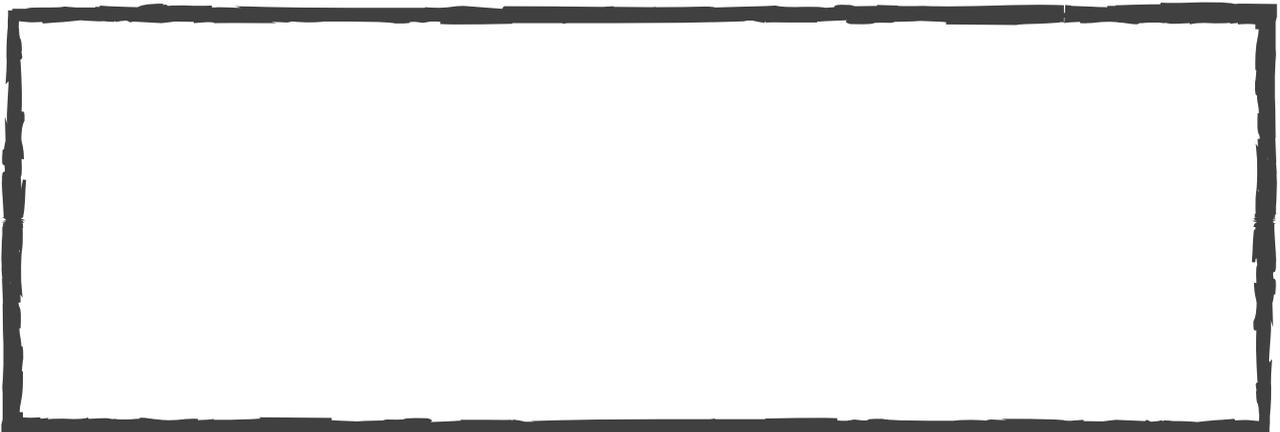
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What are my goals?

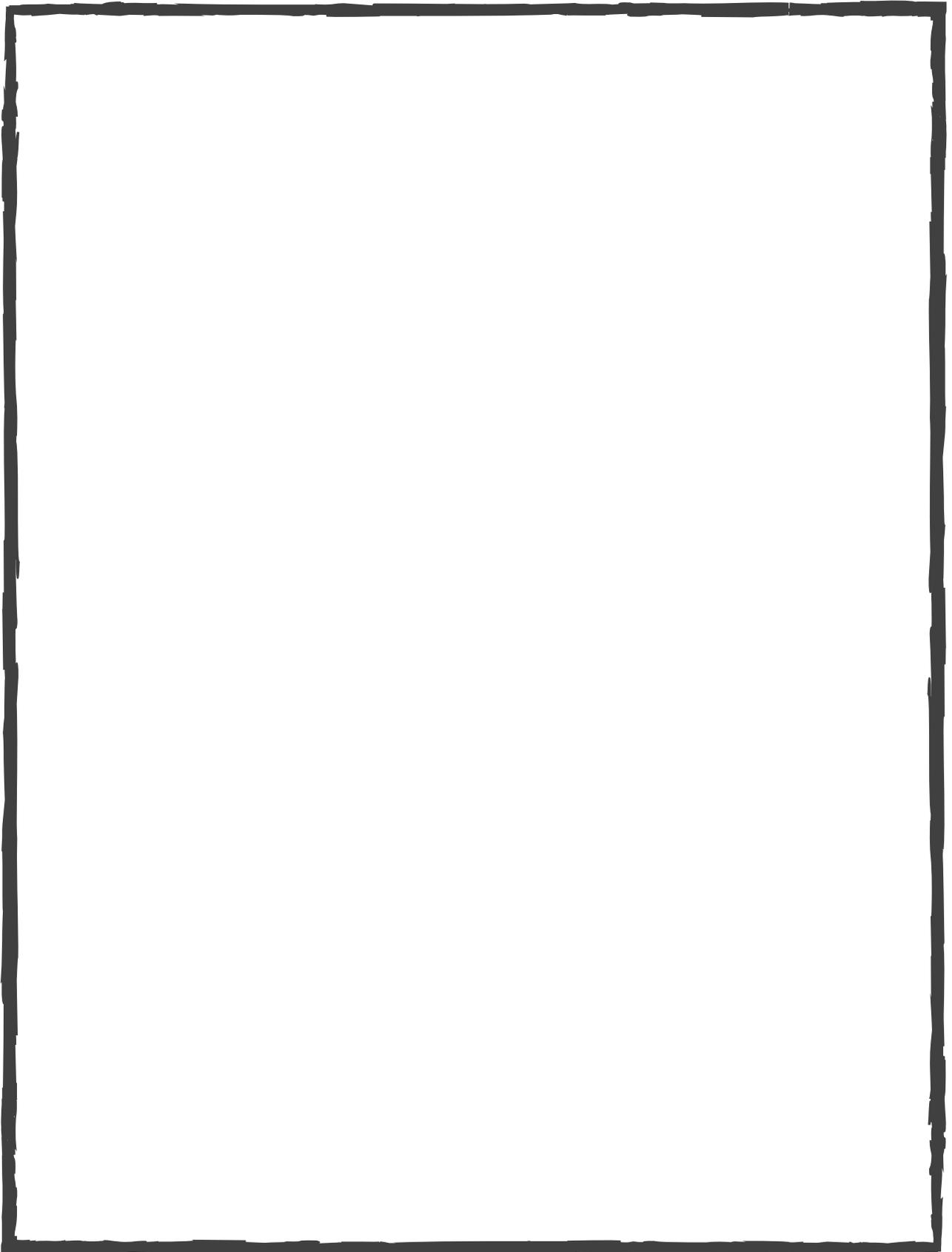


What will support me?



creation energy

other inspirations, ideas & thoughts



the little things?
the little
moments?
they aren't little
to me

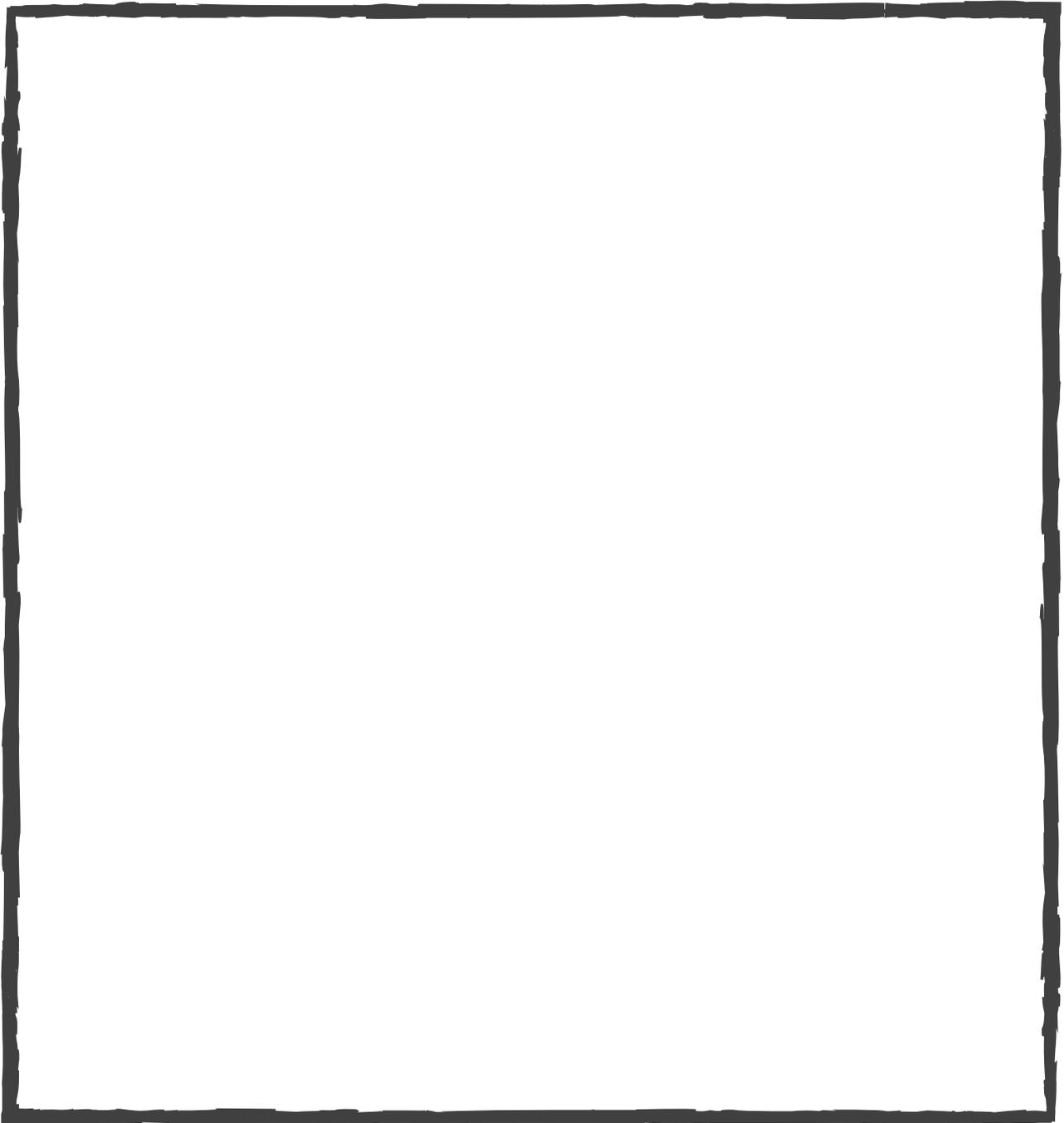
Jon Kabat-Zinn



Note to Self

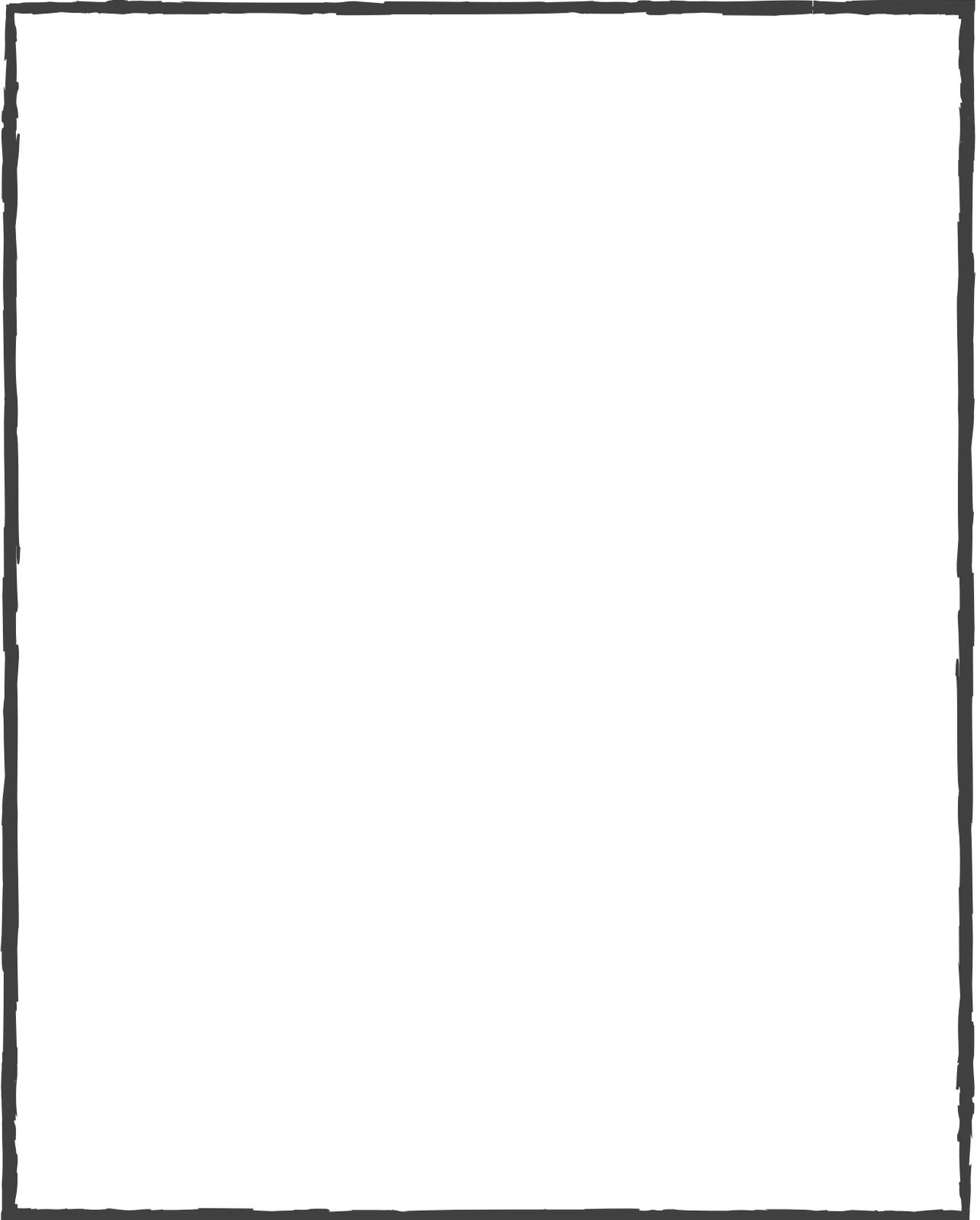
inspiration

Write a note to yourself. Make it encouraging and inspirational. What reflections, thoughts, ideas and words of encouragement to you have for yourself based on all of the awesome work you just did?



what brings you joy

create a list of the simple things that bring you joy
& think about how you can enjoy them more often



forever is made of nows

Emily Dickinson



creating a morning ritual

inspired moments - an introduction

What intentions will you set & how?

I encourage you to start each morning by setting an intention. Here are a few ways you might do this:

- you could choose an intention card
- you could choose love or kindness or gratitude as your intention (always good choices!)
- you could think about the day ahead and choose what intention you feel will serve you best

How will you ground yourself?

Starting your day in a calm and grounded way is an excellent way to welcome the morning and a fresh start. (Don't grab your phone first thing!) Grounding exercises may include:

- breathing (calm, deep, mindful belly breathing)
- meditation or prayer
- physical movement - yoga, walking running - whatever you like
- reading something inspirational or journalling

How will you infuse it with joy?

These rituals are yours and I want them to be sacred, beautiful and joy-filled! What would make them sing?

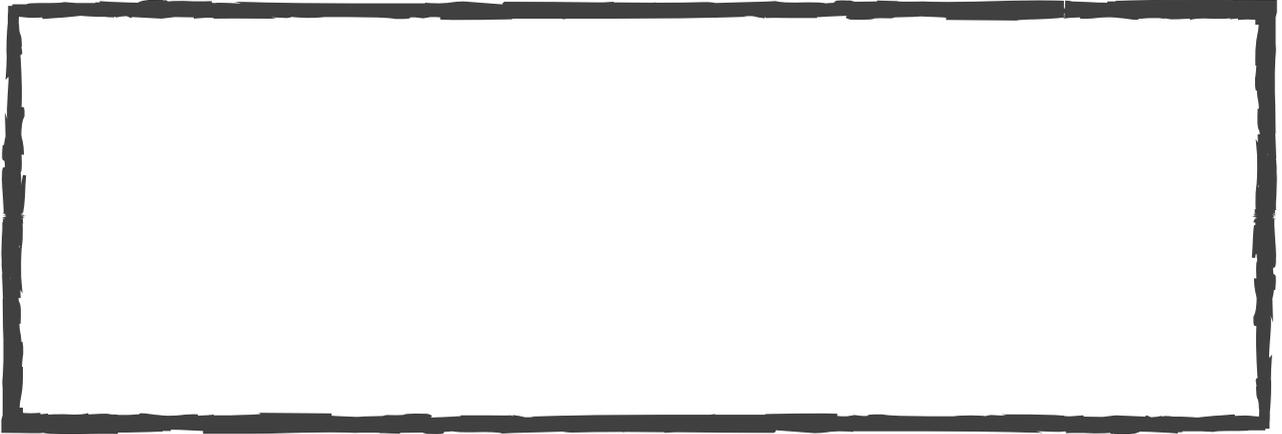
Maybe it's:

- having a great coffee or cup of tea
- listening to your favourite music
- using your favourite scent

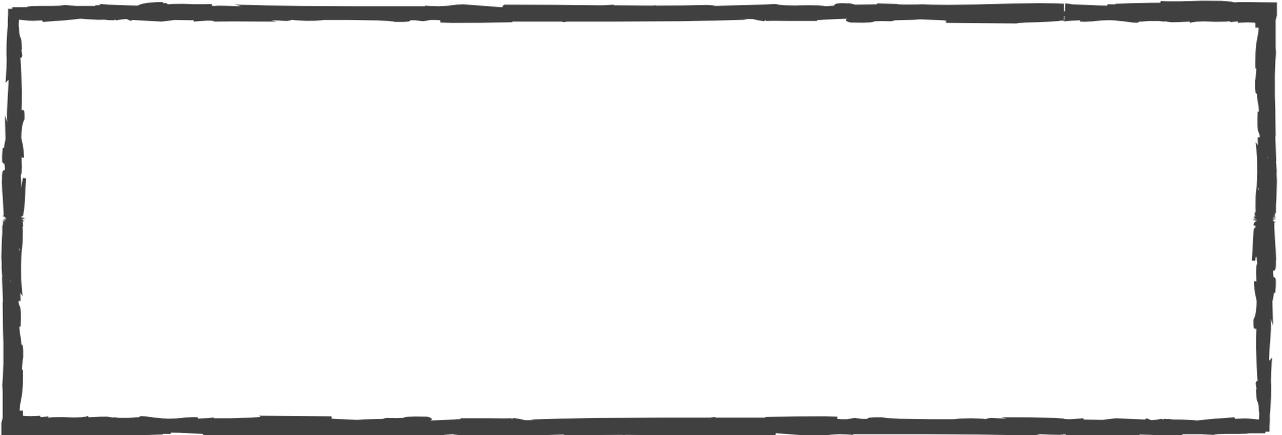
creating a morning ritual

inspired moments

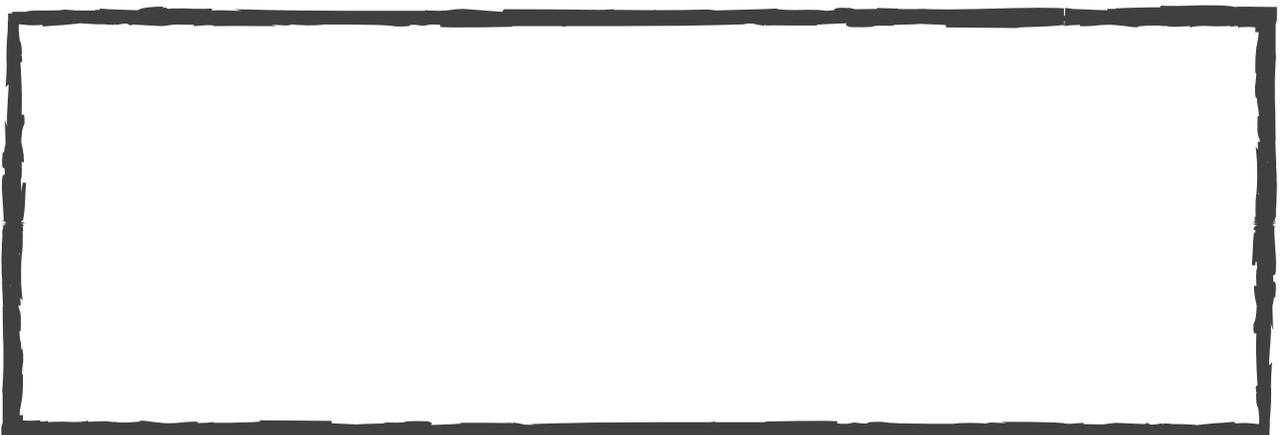
What intentions will you set & how?



How will you ground yourself?



How will you infuse it with joy?



creating an evening ritual

inspired moments - an introduction

How will you end your day?

It's common to have to schedule to 'end' your day. Computers off, phones away etc. Create time for yourself at the end of the day to calm your mind, relax, rest and restore.

Be mindful to make this a consistent habit. Create time for you to shut off from the world and release some stress and tension. It's a beautiful gift to yourself and is conducive to a great night's sleep.

What restorative activities might this include?

Think of what activities would feel good to you in this winding down period. What would feel calming & relaxing. Some suggestions are:

- a bath
- a cup of tea
- reading
- journalling
- listening to a guided meditation

What are you grateful for?

The end of any great intentional day also includes reflection. I invite you take a few moments to look back on the day you've had and think about 3 things that you are grateful for. They can be small. What's important is that you pause and really feel the gratitude for these things, people, places, experiences or events.

creating an evening ritual

inspired moments

How will you end your day?

What restorative activities might this include?

What are you grateful for?

creating special rituals

inspired moments - anytime

Your Own Rituals

I encourage you to honour dates that are significant to you personally. It may be your birthday, an anniversary, the end of a cycle, the beginning of a cycle or anything that feels like a significant moment or shift to you.

Mark these occasions by creating some time to reflect, get grounded in the now and then set your intentions moving forward.

With the lunar cycle

Moon cycles are also a great natural way to synch into nature's cycles.

Use the New Moon to create your intentions.

Use the Full Moon energy to shed light on what's transpired. Take the lessons and release what is not serving you.

If you are aware of your sun and moon signs, you can go deeper in this work.

open mind, open heart

inviting all possibilities

Affirmations to help you stay open...

I am on my own side

I am open

I move from a place of love

I am enough

Life is rigged in my favour

I can't do it wrong

I invite the adventure

I allow life to surprise & delight me

I am curious

small simple steps

enjoy the journey & keep going

The Magic of Simplicity

The instruction to KEEP IT SIMPLE cannot be overstated :-)

These practices are simple - not always easy necessarily but, always worthwhile.

Meet yourself in the moment and take small steps in the direction of your greatest dreams and your highest hopes.

We often let fear and overwhelm paralyze us into action. Whatever you do, don't do that! Even if steps feel small, I promise you that you are making progress. It is the simple consistent actions you take that have a profound, transformative and cumulative effect over time. I can't make many promises but, this, I promise you.

As you begin your most intentional living, it may feel funny. There is no doing it wrong so, show up and be curious.

Remember that the adventure is the journey. You are on the rainbow. Buckle up and enjoy the ride.

There's a quote in the workbook - it's one of my favourites ... 'forever is made of nows' by Emily Dickinson. This is it. This moment is a moment in your life. Please give your life the reverence, honour and grace it deserves. Please live your moments in the most beautiful way you can imagine and life will meet you incredible ways.

It's that simple.

my wish for you

joy - of course!

Giving this time to yourself is a gift. It honours your past, your present and aligns you with your future self.

Use these intentions as a guide throughout the year and reflect on them often to stay on course. Also - allow for unexpected evolutions.

I cannot encourage you enough to create a daily practice. It doesn't need to be fancy and elaborate. It can be short. What matters is that it's meaningful. The more you check in with yourself and create intentions, the more mindful your life will become.

Life will continue to happen - we can't avoid that. But, we can prepare ourselves to meet life in the moment as healthy, clear, nourished and thoughtful versions of ourselves.

This kind of taking care of yourself will pay you back in spades - that I can assure.

Before I depart you - unfurrow your brow, drop your shoulders and give me a big smile. And - promise you'll meet yourself and your intentional life with a great big dollop of joy, with wistful curiosity and a wild sense of adventure!

It's an honour and a pleasure to accompany you on this journey. Now, off you go!

Adrienne

intentional days mantra

recite as needed

I HAVE DEEP REVERENCE FOR MY MOMENTS.
I KNOW THAT MOMENTS TURN INTO DAYS
TURN INTO WEEKS TURN INTO YEARS.
I KNOW THAT MY GREATEST JOY,
MY DEEPEST TRUTH
AND MY HIGHEST SENSE OF PURPOSE
ARE ALREADY WITHIN ME.
I HONOR THEM.
I SEE THEM.
I FEEL THEM.
I WILL KNOW THEM, EMBODY THEM
AND LIVE THEM.
I WILL SHOW UP IN THIS WORLD
AS THE FULLEST EXPRESSION OF MYSELF.
I WILL BE WISE AND KNOWING.
I WILL BE CURIOUS.
I WILL BE OPEN.
I WILL ENJOY
AND I WILL CELEBRATE.
I WILL BE KIND TO MYSELF.
I WILL LOVE MYSELF DEEPLY.
I WILL CHOOSE TO NOURISH EVERYTHING
THAT CONNECTS ME
WITH MY HIGHEST SELF.
I WILL ALLOW THE RADIANCE OF THIS ENERGY
TO EXTEND TO THE PEOPLE
AND THE WORLD AROUND ME.
I REMIND MYSELF THAT
ALL OF MY INTENTIONAL DAYS
CREATE A LIFE ON PURPOSE.
THE LIGHT IN ME HONORS T
HE LIGHT IN YOU.

NAMASTE.

resources

additional guidance

Intentional Days Membership

If you have enjoyed these exercises and would like to enjoy regular inspiration, masterclasses, a soulful community and level up your practice, I invite you to consider joining my membership. Monthly and annual subscriptions are available. You can join anytime. It's a pretty incredible and sacred place to land.

Intentional Days Book & Audiobook

The Intentional Days book elaborates on what it means to be intentional, why we should bother. It also offers practices and a beautiful set of reflections that you can open daily and enjoy.

May You Know Joy

- Find out more here: www.mayyouknowjoy.com
- May You Know Joy, Seeds of Intention & May You Find Joy cards are a beautiful way to create an intention setting ritual. You can find them [here](#).
- Follow on [@mayyouknowjoy](#) on [Instagram](#) and [Facebook](#) for regular inspiration

The Intention Sessions Podcast

In my podcast, I have the pleasure of interviewing a broad cross-section of people whose journeys and work in the world will inspire you. I created it so we can remind ourselves that intentional living can look a million different ways - there's not just one path. Often our intentional living comes out of our challenges and greatest life lessons.

- [This episode](#) outlines aligning your year with the seasons
- [This episode](#) outlines aligning your intentions with lunar cycles

all of your
intentional
days create a
life on purpose

Adrienne Enns

