



A Good Start to the Week!

The objective

Think about your intention for this week, how do you want to start it. It's the intention that counts, so see what you need for a good week ahead.

Pause

Close your eyes and take a deep breath, imagine how you want to feel at the end of the week. Where do you feel it in your body?

Expanding

Now we're ready. Let's go!

Choose 3 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card.

Focus and action

Write down your main insights.

Also write down three actions that will move you toward your good week - one for today, one for the middle for the week and one for next week.

Have a great week and Good luck :)

[2] What do I need to let go off?

My card:

[1] What am I grateful for?

My card:

[3] How do I want to feel?

My card:
