



## SETTING INTENTIONS

This worksheet is designed to help you explore and process the key intentions for your metamorphosis journey. Through thoughtful reflection on these questions, you will gain clarity about your desires, needs, and the transformational path ahead.

### Self-Discovery

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*What does my most empowered self look like?*

Reflect and write your thoughts here...

*When am I at my happiest?*

Reflect and write your thoughts here...



*What makes me feel alive?*

Reflect and write your thoughts here...



*How can I better nurture my soul?*

Reflect and write your thoughts here...



## Personal Growth

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*In what ways can I honour myself, my needs and my body more?*

Reflect and write your thoughts here...



*What kind of personality and habits do not serve me anymore?*

Reflect and write your thoughts here...



*What kind of personality and habits would I like to develop and grow?*

Reflect and write your thoughts here...

*What do I want to feel more of in my daily life?*

Reflect and write your thoughts here...

## Authentic Living

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*What do I need to feel so that I can BE more?*

Reflect and write your thoughts here...

*What do I need to feel so that I can DO more?*

Reflect and write your thoughts here...

*What do I need to be my truest, authentic self?*

Reflect and write your thoughts here...



*In which areas do I wish to grow?*

Reflect and write your thoughts here...



## Future Vision

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*What qualities do I admire in others that I wish to embody more of within myself?*

Reflect and write your thoughts here...



*Where would I like my life to be/feel in a year from now?*

Reflect and write your thoughts here...



*What would I need to let go of to achieve my goals?*

Reflect and write your thoughts here...



*How would I need to grow/develop to achieve my goals?*

Reflect and write your thoughts here...

## Relationships

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*What kind of relationships do I wish to have?*

Reflect and write your thoughts here...

*What are my key values in a relationship?*

Reflect and write your thoughts here...

*What kind of friendships feel authentic to me?*

Reflect and write your thoughts here...

## Financial Transformation

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*What mindset do I wish to let go of around finances?*

Reflect and write your thoughts here...



*What mindset would I love to embody around finances?*

Reflect and write your thoughts here...



*How do I want to feel around finances?*

Reflect and write your thoughts here...



*How do I wish my finances to look in a year from now?*

Reflect and write your thoughts here...



## Life Purpose

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*If I had a year to live, what would I prioritise in my life?*

Reflect and write your thoughts here...



*If I had complete freedom to do what I love (no other concerns) what would I do with my time?*

Reflect and write your thoughts here...

*What kind of impact would I like to have on others?*

Reflect and write your thoughts here...

*What do I spend my time with that feels meaningful to me?*

Reflect and write your thoughts here...

*What is my WHY behind the way I show up in my work/desired work/dreams?*

Reflect and write your thoughts here...

SAVE MY  
INTENTIONS

