

INTENTION SETTING

Goals - Long & Short Term

MOVE WITH LANA

I am so excited for you and to work with you on your journey. Seeking a way of life that is healthy, happy and full of movement (that is right for you) and of course to be connected in a community of like-minded individuals and kindred spirits.

(I will be offering printed versions of this and with more details in the coming months... but for now. Feel free to print and fill in by hand or complete on your computer).

This step to write down your goals is one of the most important steps and it is exciting. It can be forever changing, like a river flowing, so many things may jump in the way under the surface which means we need to flow in a different manner or externally things may impact us. But our intentions help us to come back to why we are flowing in the first place. Where we might like to head and then we get to enjoy the journey and see where we end up.... Exciting stuff!

STEP ONE: WHAT LIGHTS YOU UP?

What things make you smile? Make you laugh? Feel content? Brave?

Love? All those feelings that make you - YOU - feel Great!

Can you write a list of those below....as many as you want.. As much as you want....you can keep adding to it any day:

STEP TWO: INTENTION

An intention is something we want to create in our lives, it is not a fixed point and it is different to a goal.

For example: My intention is 'to find more joy' or 'have more fun'...

Can you write down a few intentions that resonate with you today...and you can come back to over the next 4 weeks.. Choosing one each day and just letting that be the focus of your awareness.

(we will re-do this in 4 weeks time and see if you have new ones - feel free to message me your intention anytime if it helps).

- My intention is:
- My intention is:
- My intention is:
- My intention is:
- My intention is:
- My intention is:
- My intention is:

YOUR TIME IS NOW...JUMP INTO LIFE

SPARKLE YOUR DAYS WITH BEAUTY, LAUGH OUT LOUD,

MOVE IN HEALING WAYS, BREATHE DEEPLY, BE BRAVE....

BE YOU!

STEP THREE: LONG TERM GOAL

If you could achieve something? What would it be? This is different to intention, so something specific. Here are a couple of things to consider when writing a long term goal:

Specific - Measurable - Achievable - Realistic - Time Framed

Have a go at writing a long term goal here - Lana can help re-frame it with you if needed x

My Long Term Goal is:

STEP FOUR: SHORT TERM GOALS

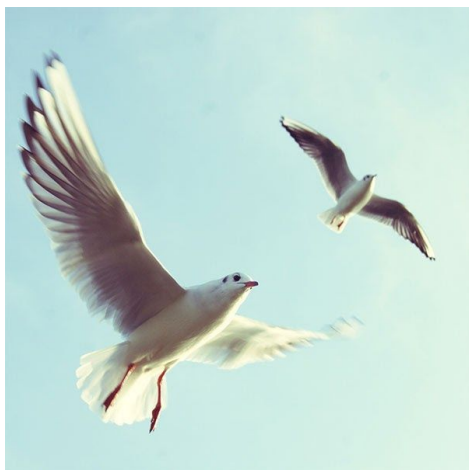
What stepping stones can you take over the next week(s) and month(s) to work toward your long term goal. Can you write down 5 short term goals

For example:

‘I will drink 2 litres of water every day for 2 weeks’

‘I will go into nature for 10mins every day for 2 weeks’

My Short Terms Goals are:



Let's take flight.. Spread your wings and start to soar to your greatest heights.

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Everything you need lies within you... believe in yourself, your beauty, your abilities.

Trust your wings and the journey as it begins to unfold. x