THE 90 DAY transformation PROJECT

Intention Setting Journal
THE 90 DAY transformation PROJECT

Consciously Create the Life of Your Dreams

STARTS MARCH 1ST

CLICK HERE TO JOIN THE JOURNEY
“SHOOT FOR THE MOON. EVEN IF YOU MISS, YOU’LL LAND AMONG THE STARS.”

LES BROWN
This workbook will support you to clearly set out your specific intentions for The 90 Day Transformation Project.

This is where you declare everything you want to create, experience and manifest.

*Be bold and daring. Be playful and creative.*

Aim high and dream big. Many people do not set big goals for themselves as they are afraid they will not reach them. Instead they lower their standards and settle for something that is not truly what they want.

This is not what The 90 Day Transformation Project is about. This project is about declaring what you want whole-heartedly and fearlessly and then doing whatever you can to create it.

As you set your intentions, keep the following points in mind:

1) **Do not worry about how the how:** If you get too hung up thinking about how these will possibly all come about, you will overwhelm yourself. You will learn everything you need to know to manifest these as you move through the project. For now, all you need to do is decide what you want.

2) **Set both internal and external intentions:** Internal intentions are focused on the person you want to be, how you want to act and how you want to feel on a daily basis. External intentions are more so about the results you want to achieve, and the change you want to see around you.

3) **Change occurs from the inside-out:** If you do set external intentions, keep in mind that all outer change must first be preceded by inner change.

4) **Have fun:** Stay light-hearted as you set your intentions. You can always change them as you go along so do not put too much pressure on yourself to create the ‘perfect’ intention. Just enjoy the process and see what comes up for you as you go through it.
I am going to encourage you to set intentions in 5 different areas. There are:

Who you want to become
How you want to live
How you want to feel
How you want to act
What you want to manifest

For each of these intentions, I have allocated you a full page. You may not fill the page, but I want to encourage you to really think deeply about this.

Some of your intentions may overlap on to different sections. That is ok too. It does not matter which heading they fall under. Just allow them to all come out in whatever shape or form they need to.

Let’s begin.
Think about the person you want to be. What qualities do you want to embody on a daily basis? On some level, you already are this person and you already have these qualities, now it is just about reconnecting with them and expressing them.

BY THE END OF THE 90 DAY TRANSFORMATION PROJECT, THIS IS WHO I WOULD LOVE TO BE:
Think about the way you want to live each day of your life. What do you want your lifestyle to be like? What would your ideal day look like?

BY THE END OF THE 90 DAY TRANSFORMATION PROJECT, THIS IS HOW I WOULD LOVE TO BE LIVING:
Think about how you want to feel on a daily basis. What key feelings do you want to be experiencing each day of your life?

BY THE END OF THE 90 DAY TRANSFORMATION PROJECT, THIS IS HOW I WOULD LOVE TO BE FEELING:
Think about the type of actions and behaviours you want to take. What habits or rituals do you want to create? What do you want to be doing? How do you want to be acting in the various areas of your life?

BY THE END OF THE 90 DAY TRANSFORMATION PROJECT, THESE ARE THE ACTIONS I’D LOVED TO HAVE TAKEN:
Think about the results you want to create in your life. What changes do you want to see in your career, finances, relationships, health, home etc..

BY THE END OF THE 90 DAY TRANSFORMATION PROJECT
THIS IS WHAT I’D LOVE TO HAVE MANIFESTED:
After completing these areas of intention you may have noticed some key themes arising. These for example might be; self love, abundance, personal power, living as a creator, being more positive, following my heart, doing what I love, gratitude, unconditional love, self care, acceptance, changing my mindset, releasing fear or playing bigger etc..

CHOOSE BETWEEN 3-6 KEY THEMES THAT YOU WANT TO FOCUS ON THROUGH THIS ROUND OF THE 90 DAY TRANSFORMATION PROJECT:

1

2

3

4

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