

Intention setting

S O R E L L A S U N L E S S



Being the happiest, best, brightest version of yourself is who you were put here to be. All too often we suppress who we really are because it doesn't follow the "norm". I am here to remind you that you are in fact, allowed to be the person you were meant to be.

It's time for you to get in alignment with the happiest & most successful version of yourself. In order to receive you must be clear and ASK God/Universe for that which you are intending to bring into your life. But in order to ask - you must KNOW exactly what it is you want. More often than not we don't ask ourselves what we really want because we feel that it isn't even possible. Now, after taking Mindset Master Class we know anything is possible for us.

Use this intention setting workbook to create a clear vision of what you are looking to bring into your life. Feel the feelings as if you have already achieved that which you desire to bring.

Allow this intention setting guide be the compass that will guide you to the life of your dreams!

XO, Kaleigh

If you could bring anything in your life right now,
what are the top 3 things you would manifest?

How would bringing these things/experiences into
your life make you feel?

What do you need to believe to be true in order to
bring these things/experiences into your life?

What ways of thinking do you need to let go of in
order to bring into your life?

Who is the version of you that has already created this goal?

What does she look like physically?

How does she look when she shows up for the day?

How does she start her day?

How does she talk?

What does she believe about herself?

When something doesn't go her way, how does she handle conflict?

What do others say about her?

What are her hobbies?

What does she do with free time?

What makes her special?

How does she make others feel?

How does she feel about herself?

How does she make decisions?

How does she show gratitude?

It's the end of 2023, what have you created? How does it feel to have achieved the goals for yourself? What do you believe now to be true about what's possible?