



WOUNDS TO WISDOM

intentions

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what is the purpose of setting an intention?

Setting an intention is not just about defining our goals; it's also about cultivating a deep awareness of self. By taking the time to reflect on our values, desires, and innermost aspirations, we gain valuable insights into who we are and what truly matters to us. This process of self-awareness is essential in setting authentic intentions that are aligned with our core being.

When we approach intention setting with self-awareness, we tap into our inner wisdom and intuition, allowing us to set intentions that resonate with our soul's yearnings. By understanding our strengths, weaknesses, and patterns of thought, we can tailor our intentions to support our growth and transformation on a profound level.

Self-awareness also enables us to identify any limiting beliefs or self-imposed barriers that may hinder us from fully embracing our intentions. By recognizing these internal blocks, we can confront and overcome them, clearing the path for our intentions to take root and flourish.

Moreover, self-awareness deepens our connection to our emotions and inner guidance, helping us discern the true essence of our intentions and infuse them with genuine emotion and purpose. When we set intentions from a place of self-awareness, we are more likely to stay committed, motivated, and aligned with our truest selves throughout the journey of manifesting our desires.

Incorporating self-awareness into our intention-setting practice not only enriches the process but also allows us to cultivate a deeper sense of authenticity, clarity, and empowerment in our lives. By anchoring our intentions in self-awareness, we embark on a transformative journey of self-discovery, growth, and alignment with our highest potential.

Emotionally, what introspect has brought you to this workshop?

What is your core wound?

How long have you carried this wound for?

Has this wound been a repeating cycle in your life?

What is your personal intention for this workshop?

What are your expectations surrounding this workshop?

How will you show up for yourself during this workshop?

What would have changed for you after this workshop?