



The  
Intention Deck

# 52 Ways to Live with Intention

Quotes, Actions,  
Phrases, &  
Practices for Self-  
Reflection.

**Priya Patel**

<http://www.theintentiontable.com/>



The Intention Deck

*"Yoga is the journey of the Self, through the Self,  
to the Self."- Bhagavad Gita*

Welcome, fellow traveler.

We are all on this journey together. No matter who you are or who you've become, there are moments when each one of us engages in some form of soul searching, on the path to discovering purpose.

I have traveled across the world, explored 15 day long silent retreats, attended yoga workshops, studied with the Dali Lama and participated in meditation and fasting. I have listened to music, spiritual teachers and myself. When all is said and done all that has mattered has been taking the time to "do the work".

To sit down in stillness, clear the chaos, focus, and think about who I am and what molded me.

**The Intention Deck**

Your journey might look very different or like a kaleidoscope of moments, but it all matters. It's essential to break free from self limiting beliefs, let go or process old hurts or betrayals, and work to create dreams, desires, and an authentic version of yourself.

As you embark on your own path and find your way, it is my intention to offer you these words to encourage you along the way.

Trust in your journey and meet yourself with true nature rooted in love and kindness.

FROM MY HEART TO YOURS,

*Priya*



# Connect...

## With Yourself

Use this guidebook to explore your mindset. Attention energizes and intention transforms. By using the power of words + actions you will create shifts. The deck paired with the guidebook will bring in pops of positivity in your life as well as help you discover yourself with guidance on what intentions you could set as well as self-reflection questions you could explore.

## With Others

As you read through this guide book please know that we are all in this together as one, and I am here for you. Find the private Facebook group The Intention Deck and join our amazing community to get inspired and to inspire others. You will find bonus practices, teachings, tips, and weekly accountability here.

## With Me

I'd love to hear from you! Please reach out and connect with me. You can find me on Instagram @priyainprocess or email at [priya@theintentiontable.com](mailto:priya@theintentiontable.com)

# Why Intentions...

01.

The wonderful thing about intentions is that you can set a new one each day, as well as multiple for one day. You could set them weekly, monthly or once a year. The possibilities are endless when it comes to setting intentions, there's no such thing as having too many. Creating a purpose for that day forces you to be present, forgiving yourself from the past and alleviating you from any future anxieties.

02.

Intentions gives you a place to focus your attention and will impact how you show up to daily activities- everything from your professional activities as well as your physical ones like yoga, running, and working out can integrate your intention. The same intention will present itself in disparate areas of your life, with power to transform your mind, body, and soul.

03.

The power of an intention- whether it's just one or several is that they can be experienced all at once, ensuring that you feel whole. Setting intentions ensures that you don't feel that something is missing or lacking in your life. In this moment, intentions promise you feelings of presence, awareness, and fullness.

04.

By setting your intention, your subconscious has a magical way to ensure that opportunities to practice that intention appear in small and big ways. A positive intention leads to a positive attitude. And a positive attitude unblocks barriers and increases productivity.

05.

You can fully immerse yourself in the present moment and not become fixated on what you don't have yet. Doing everything with intent will also help you to become more in tune with your spiritual being. This can help you to approach your life more spiritually, and it will open your heart and mind. When you do this, it paves way to naturally achieve your goals.

# 5 WAYS TO USE YOUR DECK

## ☐ DRAW A CARD DAILY OR WEEKLY

Use your word as guidance or inspiration on cultivating positivity into your life daily or weekly.

## ☐ MORNING ROUTINE

Before leaving your bed after waking up sit or stand on the edge of bed. Start your day by setting an intention with your word. Be aware of your body and stand or sit proudly in your body.

## ☐ MINDSET MEDITATION

Describe the qualities a person who draw your word would embody. Take 5 long inhales and 5 long exhales embodying the qualities that come with your word. Then use your word as a place of focus during meditation.

## ☐ JOURNAL REFLECTIONS

Keep a journal of any insights, takeaways, mindset shifts as you explore your word be it daily, weekly, or monthly.

## ☐ SHARE

As you learn things about yourself engage in conversation with your friends and family about your insights. Connect in the FB group and hold yourself accountable for setting intentions with the support of others

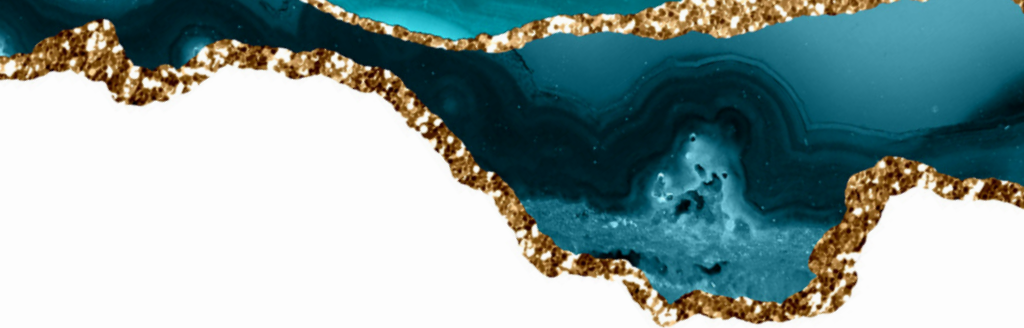


# 52 Ways to Live with Intention

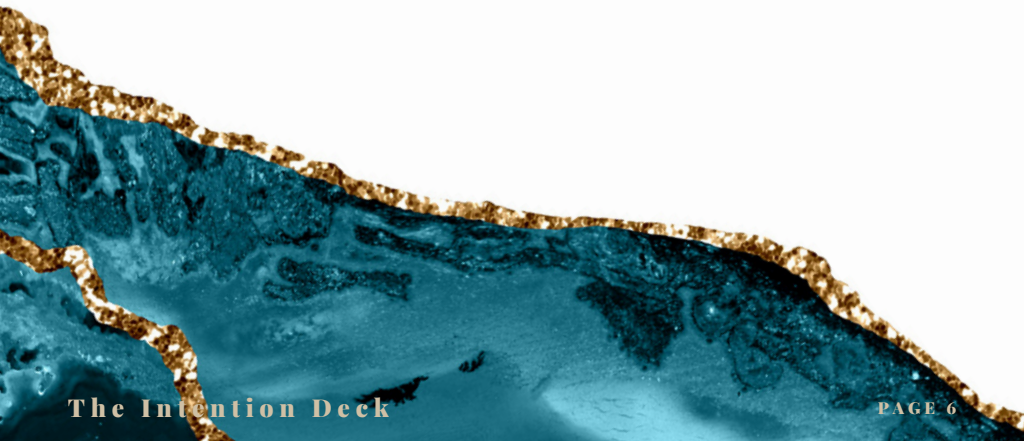
## TABLE OF CONTENTS

ABUNDANCE	6	JOY	162
ACTION	12	KINDNESS	168
ATTENTION	18	LISTEN	174
AUTHENTICITY	24	LOVE	180
BALANCE	30	NOURISH	186
BREATHE	36	NOW	192
CLARITY	42	PEACE	198
COMPASSION	48	PERSEVERANCE	204
CONFIDENCE	54	PERSPECTIVE	210
CONNECT	60	POSSIBILITY	216
CONSISTENCY	66	PRACTICE	222
COURAGE	72	PURPOSE	228
CREATE	78	RELEASE	234
CURIOSITY	84	RESPOND	240
DETERMINATION	90	REST	246
DISCOVER	96	SELF-DISCOVERY	252
ENOUGH	102	SERVICE	258
EXPAND	108	SPIRITUALITY	264
FOCUS	114	STILLNESS	270
FORGIVE	120	SURRENDER	276
FREEDOM	126	THINK	282
GRACE	132	TRUST	288
GRATITUDE	138	TRUTH	294
HEAL	144	VISION	300
INSPIRE	150	WELL-BEING	306
INTUITION	156	WORTHY	312





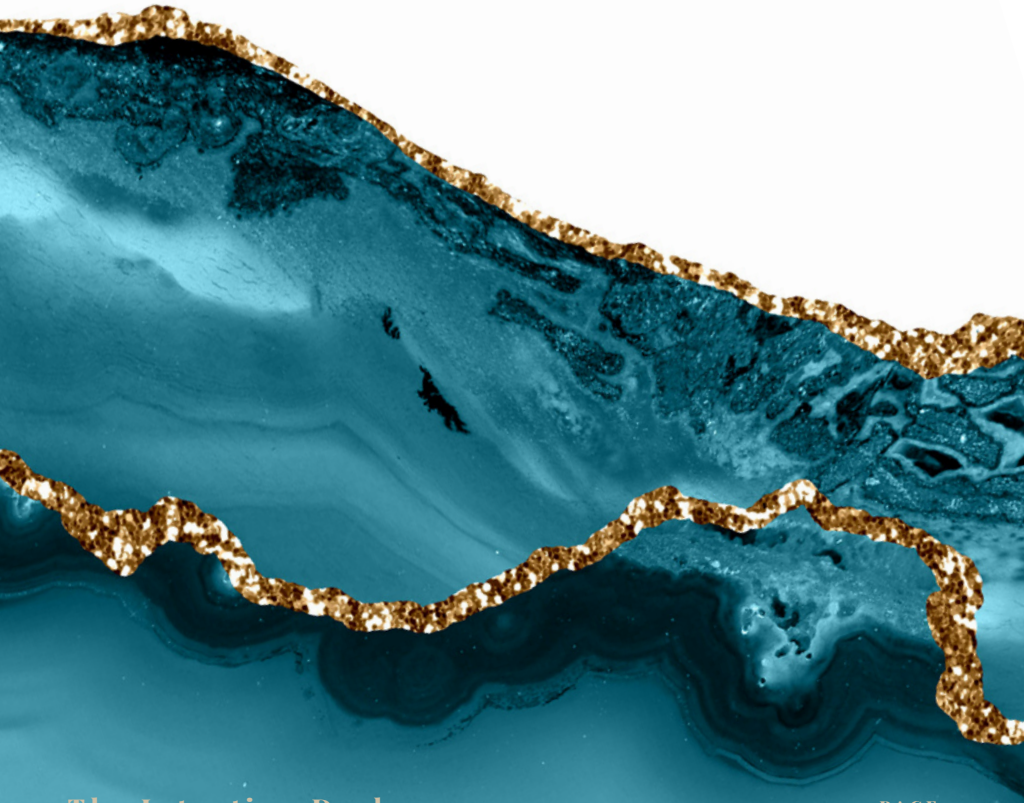
# Abundance





"Like the air you breathe,  
abundance in all things is  
available to you. Your life will  
simply be as good as you allow it  
to be."

-Abraham Hicks



# ABUNDANCE

Immerse yourself in the abundance that surrounds you.

- Expand feelings of appreciation of what you have into what you want
- .Attune your thoughts and feelings with positive vibration.
- Through gratitude and appreciation of what you have you align your vibration to receiving.



# ABUNDANCE

- Abundance begins to flow, the more open and accepting you become.
- Use gratitude to expand and enhance your energy.
- Connect to like energy.
- Maintain flow with positivity.
- Enrich your life by fulfilling your wishes, hopes and dreams.



”

*OPEN MYSELF UP  
& ALLOW.*

“



# PRACTICE

## Explore

How will you set the intention to welcome abundance in your life?

## Identify

Make a list of three things that are holding you back and explore the why behind it. Is it something to let go of? Or is it something to face with courage and push through? Only you will know.

## Examine

What impact would opening yourself up to receiving, make in your life?

## Reflect

Have you ever experienced an abundant mindset? If yes, what was it related to and how did you notice that? If no, what is one area in your life that you can open your mind and heart up to related to the concept of abundance?

FB GROUP  
Share your practice!

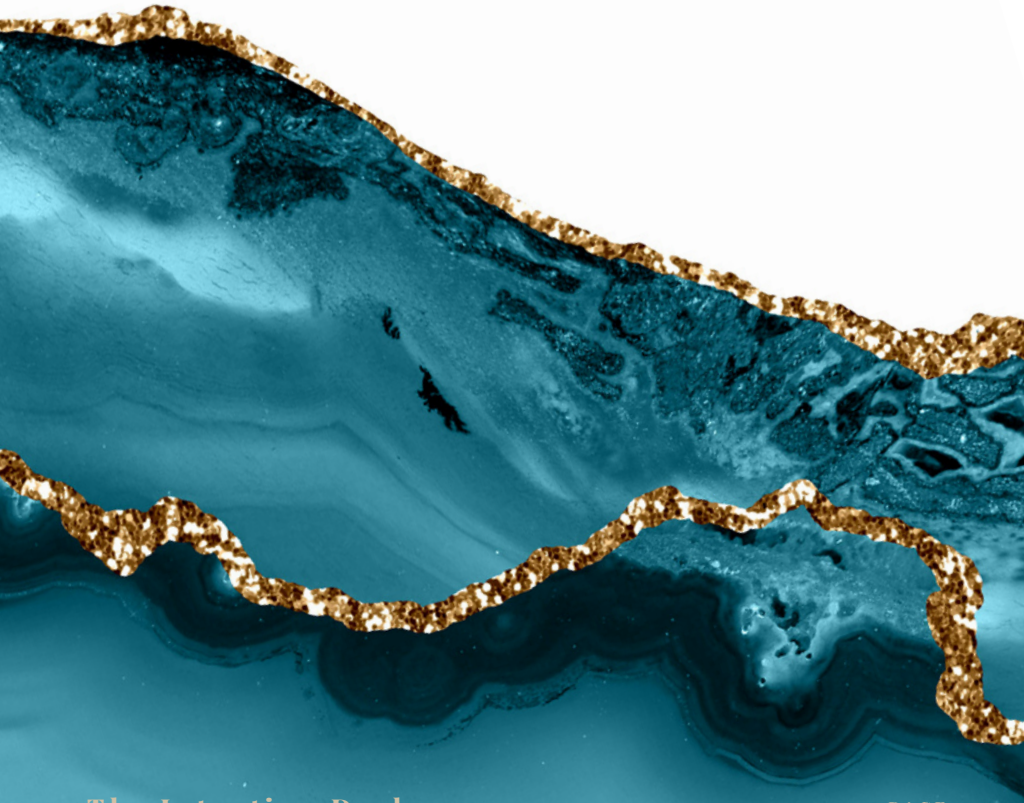


# Action



"Think about what you can do  
right now, not what you wish you  
had done before."

-Jay Shetty





# ACTION

Immerse yourself in inspired action that takes place from alignment.

- Notice when action is in flow.
- Check in and see if your energy is drained or energized.
- Pay attention to gentle nudges or internal messages that motivate you to say yes or no to something.
- Complete the days tasks in the most appealing sequence.



# ACTION

- Inspired ideas cannot reach you through the noise and busyness of life. Slow down
- Listen to internal reminders or "hints"
- Move in the power of now.

”

*BEGIN WITH A  
SINGLE STEP.*

“



# PRACTICE

## Explore

How will you set the intention to move from inspired action?

## Identify

Think of 1-3 things you know are aligned with your highest good that you have been putting off. Now explore why you put these off. Pick one and list five steps you can take to get you closer to your highest good.

## Examine

In what ways can you slow your mind or your life down? When you do, what will you get more of?

## Reflect

Write down what it feels like to move from inspired action? How do you know that you are moving from that place?

FB GROUP  
Share your practice!





# Attention



"The only thing you can control is your attention. If you don't believe me, then try controlling anything else for an extending period of time, you'll soon realize that any amount of control you think you have is just an illusion. So if your attention is the only thing you can control, then why not leverage it and make it your superpower? Use your attention to focus your energy on cutting through all the distractions and noise you're constantly bombarded with and clear a path for you to life the life you want to live."

- Raj Daniels

# ATTENTION

Immerse yourself in the cultivating the ability to pay attention.

- Create a list of things that pulls you away. Ask yourself if they are distractions.
- Build your ability to focus gradually.
- Explore mindfulness practices that teach you to pay attention in a particular way.
- Notice if you spend your time letting your mind wander.



- Allocate time to spend on certain tasks and use a watch or an alarm to help you stay committed to that time.
- Practice noticing what you are noticing, be it emotions, ideas, or what your are experiencing.
- Explore being aware of the thoughts generated in your mind.
- This will help you use your thoughts as a tool to see and understand how to navigate next.
- Remain as committed to yourself as you would others.



”

*PAY ATTENTION,  
IT ENERGIZES.*

“



# PRACTICE

## Explore

.How will you set the intention to cultivate attention?

## Identify

Create a list of things that pull you away. Explore if any of these are your distractions.

## Examine

Take a mindful bite. Before putting a piece of food in your mind practice paying attention in a particular way by looking at your food, smelling it, touching it, listening to it and letting it touch your mouth. Take inventory of what you notice. Then take a bite.

## Reflect

When was the last time you paid attention to your emotions? Did it stay the same or shape-shift from one to another?

FB GROUP  
SHARE YOUR PRACTICE



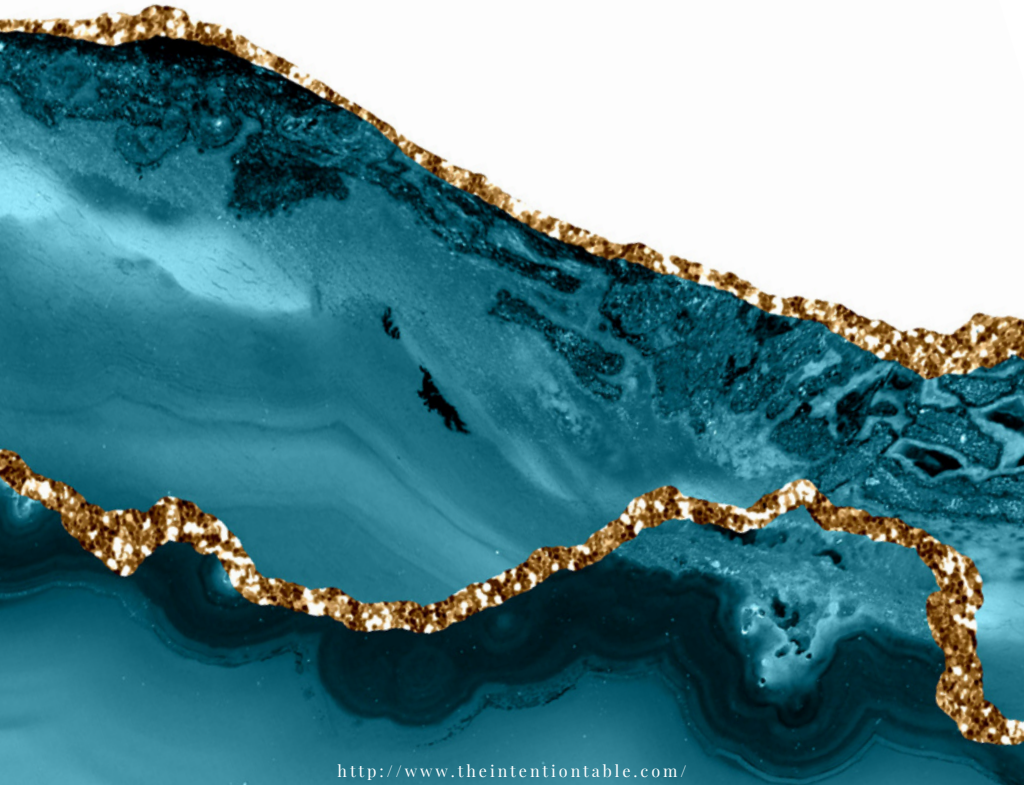
# Authenticity

<http://www.theintentiontable.com/>



"Authenticity is showing up while  
acknowledging both our  
strengths and our vulnerabilities."

- Harry Singha





# AUTHENTICITY

Immerse yourself in cultivating your authentic self.

- Do something each day that reflects your deepest needs, wishes, and values.
- Maintain alignment between what you feel and need and what you say and do
- Give up designing your behavior by the desire to be liked (be yourself)



# AUTHENTICITY

- To be authentic is to feel at home in your body, accepted into a particular group, and to feel true to your sense of values.
- Grow your authenticity daily by loving yourself enough to take the risk to show yourself, scars and all, to your friends, family, clients, and the world.
- Explore your habits, patterns and behaviors.

”

*EMBRACING  
WHO I AM.*

“



# PRACTICE

## Explore

How will you set the intention to be authentic?

## Identify

Think of a recent experience with a partner, friend, family member, or co-worker where you wanted to be authentic but weren't. What do you think would happen if you shared with this person? How will you feel if you don't share?

## Examine

If you weren't afraid, what would you say to this person?

## Reflect

Do you show yourself to your friends, family, clients....Scars and all? What helps you share and what holds you back? Facebook Group:

FB GROUP

Share your practice!



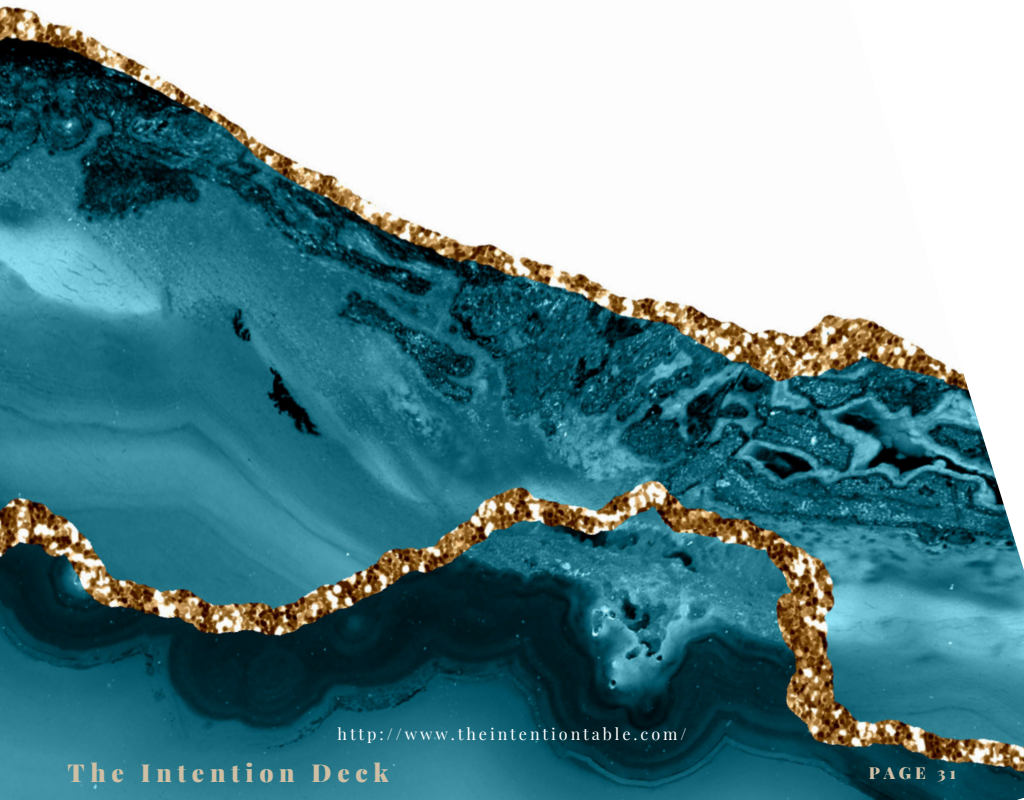


# Balance



"Balance isn't something you  
achieve " someday."

-Nick Vujicic



# BALANCE

Immerse yourself in cultivating balance in your life.

- Find ways to spend time with yourself and respect that time.
- Explore where you need to focus your energy.
- Track your time so you can understand where it is being spent.
- Consider the kind of life you want to live, and envision a career path that fits that life.



# BALANCE

- Practice saying "no" to things that don't serve you.
- Leave work at work, it helps you to stay present to "now".
- Examine if you are being a martyr. Does it make you feel purposeful or important to do it all?
- Be honest with yourself about areas of imbalance.



”

*ALIGNED WITH  
WELLNESS.*

“



# PRACTICE

## Explore

How will you set the intention to be aligned with balance?

## Identify

Distinguish the different areas in your life such as emotional self, physical self, relational self, and work self. Make a list of how much (percentage) of your self goes to the different domains of your life.

## Examine

Why do certain areas get more percentage over others? Does one or more areas consume your energy?

## Reflect

Are there any changes you can make immediately to create more balance in your life after seeing how you spend your time and energy? If so, why?

FB GROUP  
Share your practice!



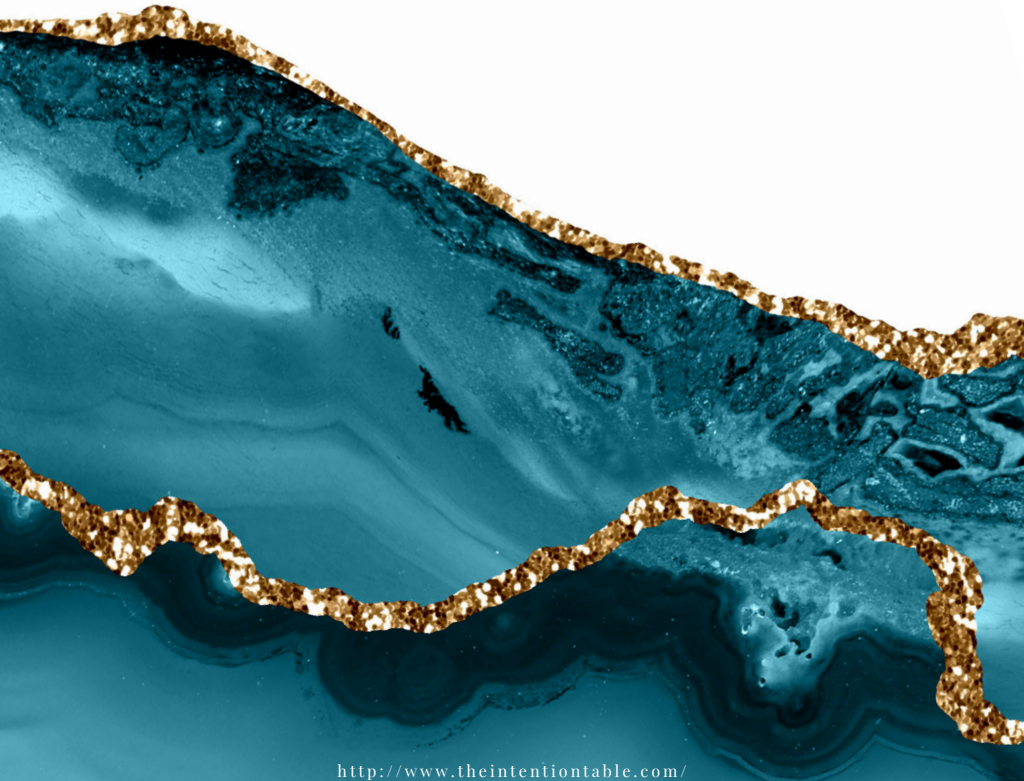
# Breathe

<http://www.theintentiontable.com/>



"Breathe in. Exhale. I want you to know that you are breathing in possibility and abundance and exhaling and limiting beliefs."

-Lisa Nichols



<http://www.theintentiontable.com/>



# BREATHE

Immerse yourself in finding time to breathe.

- Feed every system in your body with oxygen.
- Promotes relaxation and reduction in stress and tension.
- Learn to avoid the "fight-or-flight" response to stressful situations.
- Reduce carbon dioxide from your body.
- Explore one-pointed concentration for focus and centering.



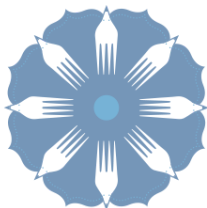
# BREATHE

- Develop skills that help with self-control. With practice learn to respond versus react.
- Helps you practice paying attention to sensations in your body.
- Explore breathe work practices and see which types resonate with you.
- Expands your lung capacity.
- Promotes calming of the central nervous system.

”

*INHALE IN,  
EXHALE OUT.*

“



# PRACTICE

## Explore

How will you set the intention to take time to breathe?

## Identify

List all the things you are able to do in life because you can breathe. After you create your list, explore 3 deliberate breaths and say Thank you.

## Examine

Inhale for a count of 3. Hold your breath momentarily at the top and exhale for a count of 3. What does your breath feel like in your body? Observe you noticing when you breathe.

## Reflect

What does the phrase "waiting to exhale: mean to you? What steps could you take today to create more room to breathe in your life?

FB GROUP

Share your practice!



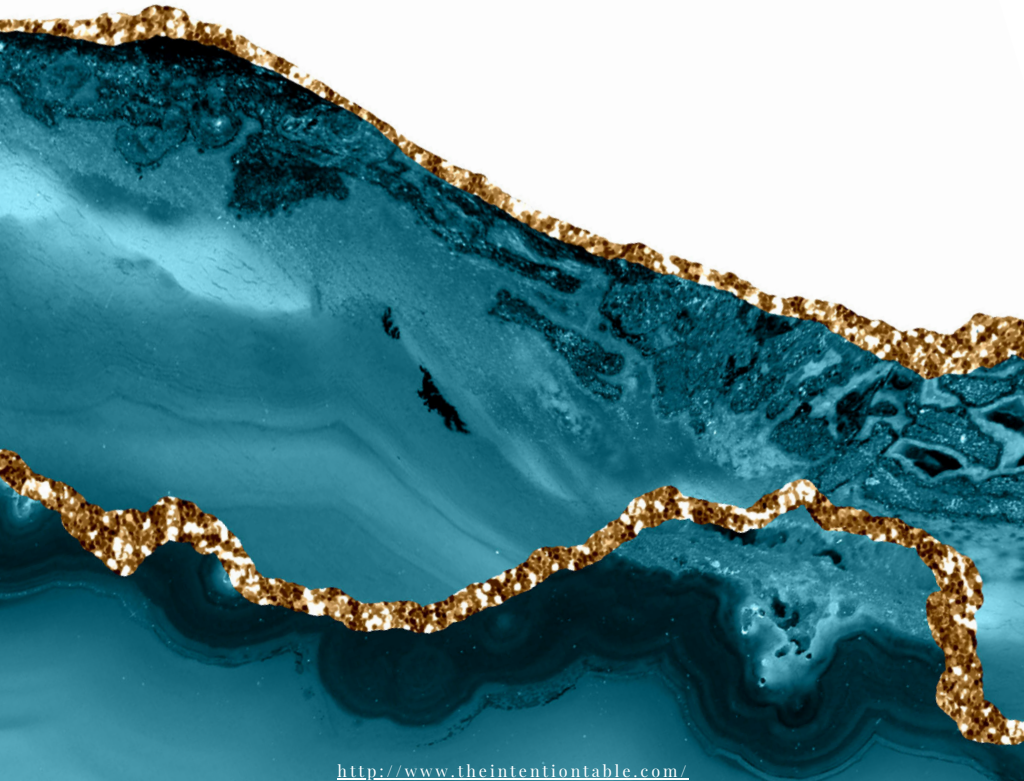


# Clarity



"If we want greater clarity in our purpose or deeper more meaningful spiritual lives, vulnerability is the path."

-Brene Brown



<http://www.theintentiontable.com/>

# CLARITY

Immerse yourself in creating clarity.

- Be productive with your resources which include, time, money, and energy.
- Stay away from distractions so that you can see opportunities in front of you.
- Put yourself in front of the right people, places, and experiences to further your why.



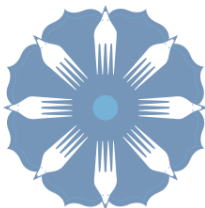
- Ask yourself questions and be open to inquiry.
- Recognize what's most important and valuable to you.
- Take time to sort through your thoughts and de-clutter your mind.
- Check in with the "why" behind your actions.
- Pause and give yourself time for reflection.



”

*EYES OPEN.*

“



# PRACTICE

## Explore

How will you set the intention to approach yourself and life with clarity.

## Identify

Create a resource table with time, energy, and money on top in three columns. Under each column time, energy, and money list the resources you use that fill up each area.

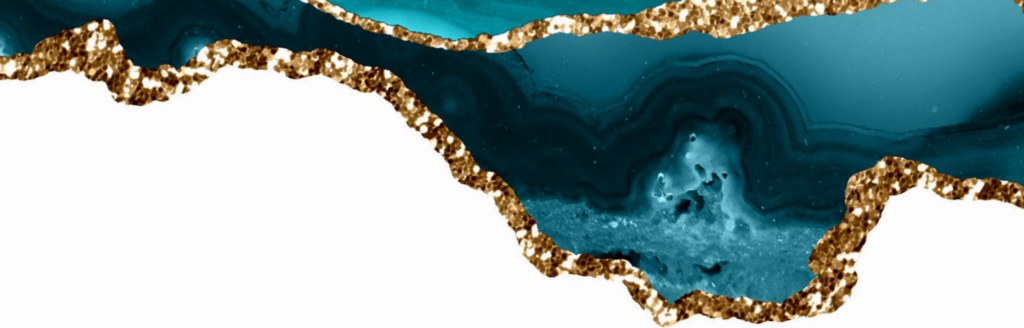
## Examine

How often do you remind yourself of your why when you use your resources?

## Reflect

What difference could getting clear on your WHY make before using up resources such as time, money, and energy? What if you viewed these resources as a gift to protect?

FB GROUP  
Share your practice!



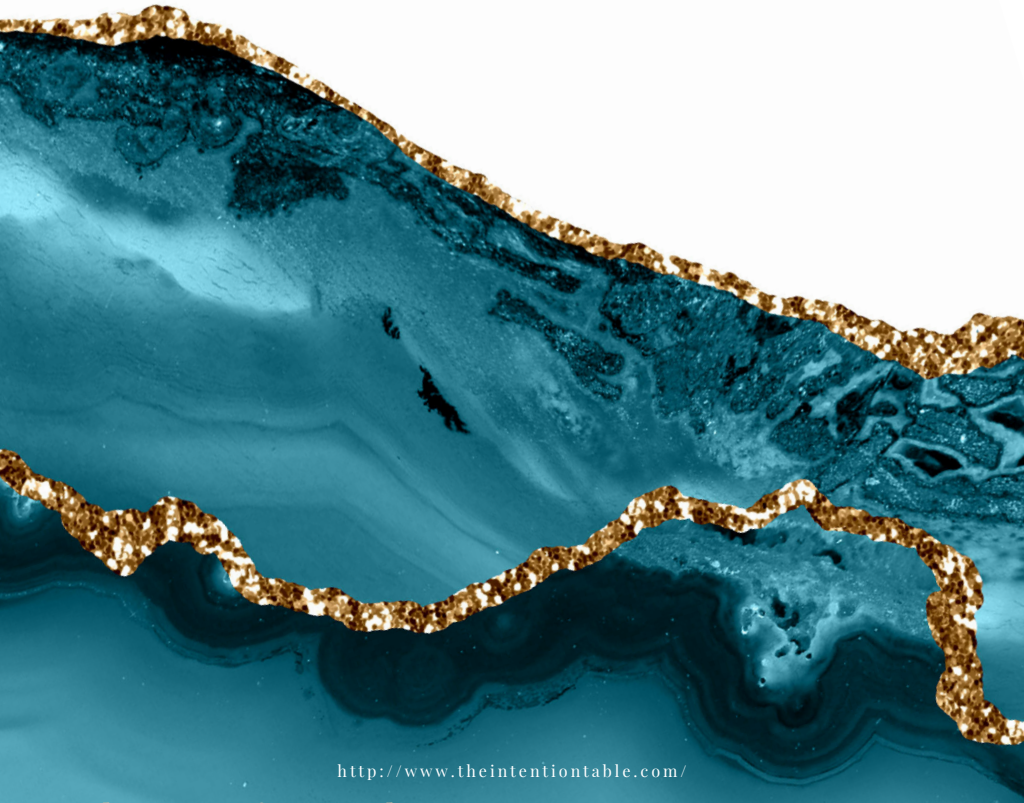
# Compassion





"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

-His Holiness Dalai Lama





# COMPASSION

Immerse yourself embodying the divine quality of compassion.

- Explore practicing empathy for others.
- Use your energy to send out well wishes to all beings who suffer in any form and fashion.
- Recognize the similarities between yourself and others to see what you have in common versus looking for differences.



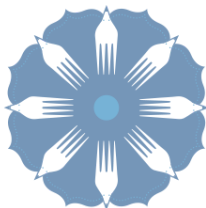
# COMPASSION

- Notice who you choose to extend compassion to and who you don't. Explore, why one over the other?
- Experience a common sense of identity.
- Practice kindness without people-pleasing.
- Stay relaxed in your judgements.
- Put yourself in someone else's shoes.

”

*MY HEART FEELS  
WHAT YOU FEEL.*

“



# PRACTICE

## Explore

How will you set the intention to cultivate compassion?

## Identify

List people in your life at this moment you open your heart to. Then list the people in your life at this moment that you close your heart to.

## Examine

Think about the ways you open and close your heart to others. Why do you open your heart to some and close your heart to others? Give yourself permission to do both.

## Reflect

Imagine that a loved one is suffering. Something terrible has happened to him or her. Now try to imagine the pain they are going through. Imagine the suffering in as much detail as possible. If it's your practice move on to imagining the suffering of those who you have closed your heart to.

FB GROUP  
Share your practice!



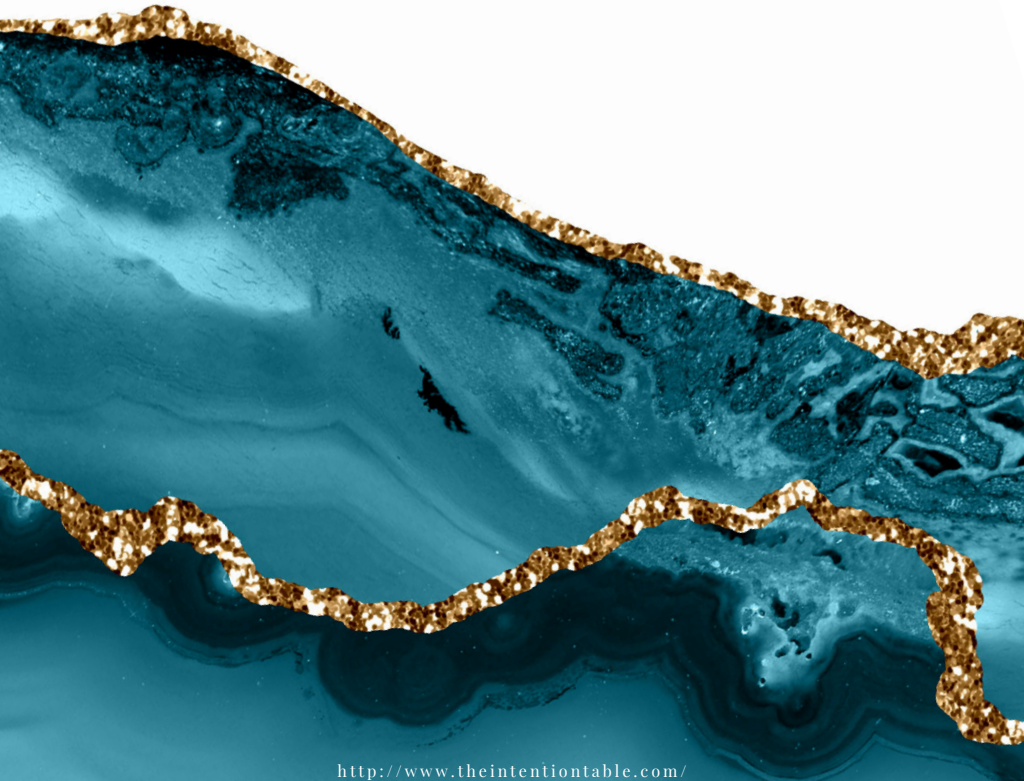


# Confidence



Confidence is believing in  
yourself. Arrogance is telling  
others you are better than they  
are. Confidence inspires.  
Arrogance destroys.

-Simon Sinek



# CONFIDENCE

Immerse yourself in building and embodying confidence.

- Embody part bravery, part capability, and mix it with a healthy dose of self-compassion.
- Be willing to take steps and actions towards your goals even when the outcome is uncertain.
- Create acceptance for your strengths and challenges through gratitude.
- Accept validation from others when given a compliment.



# CONFIDENCE

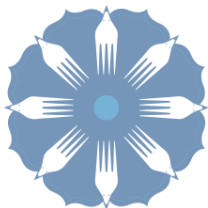
- Bring to awareness the things you are good at but may dismiss.
- Surround yourself with people who bring out the best in you.
- Celebrate the small steps



”

*CONFIDENCE IS A  
SUPERPOWER.*

“



# PRACTICE

## Explore

How will you set the intention to build and embody confidence?

## Identify

What does confidence feel like to you? Think about three things that you are good at but may take for granted? How do you feel about doing them?

## Examine

Describe a time you initially thought of as a "failure" but later realized was a stepping stone to something amazing.

## Reflect

There can be a lot of courage in small steps. Write about a time when you took what may have seemed like a small step which led to large outcomes and a boost in confidence?

FB GROUP

Share your practice!



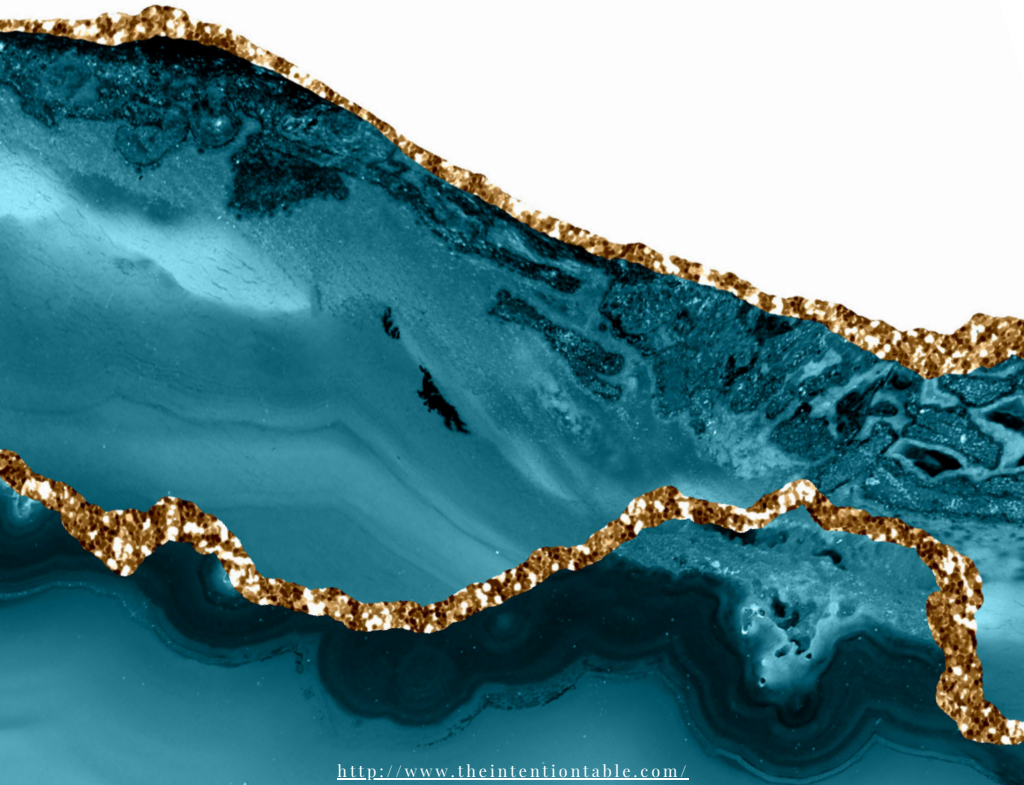
# Connect

<http://www.theintentiontable.com/>



"We are all hungry for genuine connection and caring, and we will not get this unless we find our Soul's tribe."

-Dr. Christiane Northrup





# CONNECT

Immerse yourself deep connections that are cherished.

- Drop your own mask and share your own personal experiences to invite other people to do the same.
- Normalize asking personal or deeper open-ended questions that open up the space
- Listen for understanding without judgement.



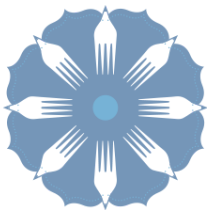
# CONNECT

- Be mindful when sharing a story that is similar to theirs.
- Create quality time and exchanges and others that encourage you to discover changing interests, passions, aspirations and even likes and dislikes.
- Book time with people including yourself that you are wanting to grow deeper connections.

”

*CHERISH  
CONNECTIONS.*

“



# PRACTICE

## Explore

How will you set the intention to grow and connect with yourself and others?

## Identify

Think and list the names of people you would like to grow deeper connections with and 3 ways you take action towards that.

## Examine

How well do you do practicing active listening and asking open-ended questions during conversations?

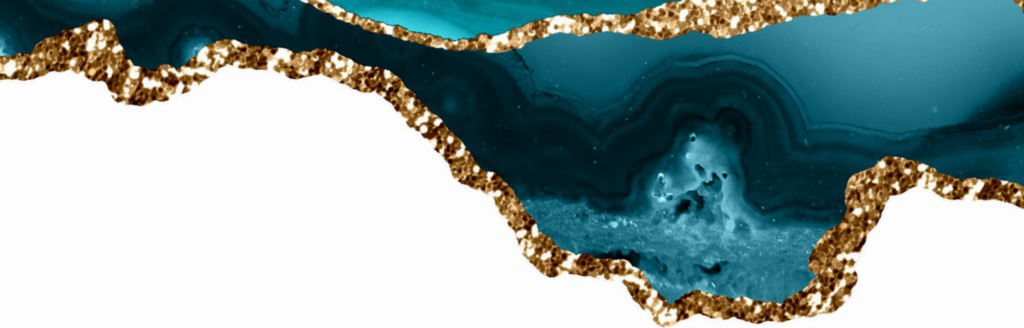
## Reflect

What makes you feel connected to yourself? How do you know? What makes you feel connected to others? How do you know?

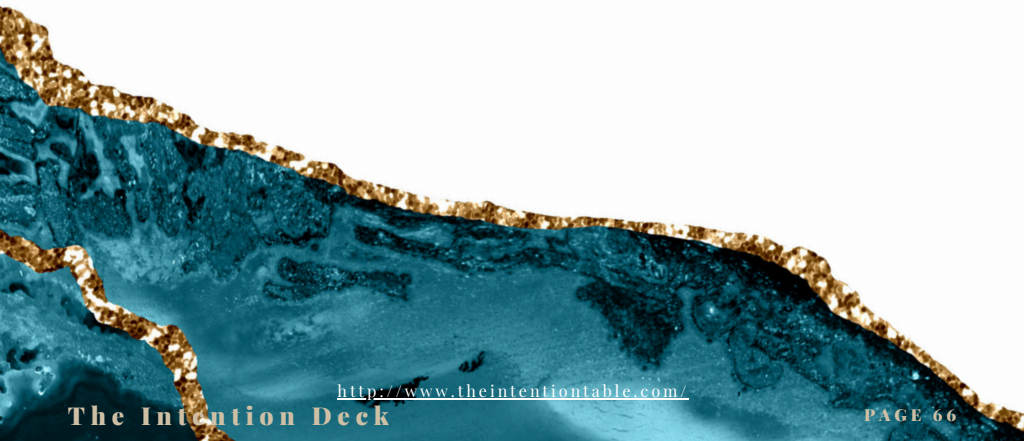
FB GROUP

Share your practice!





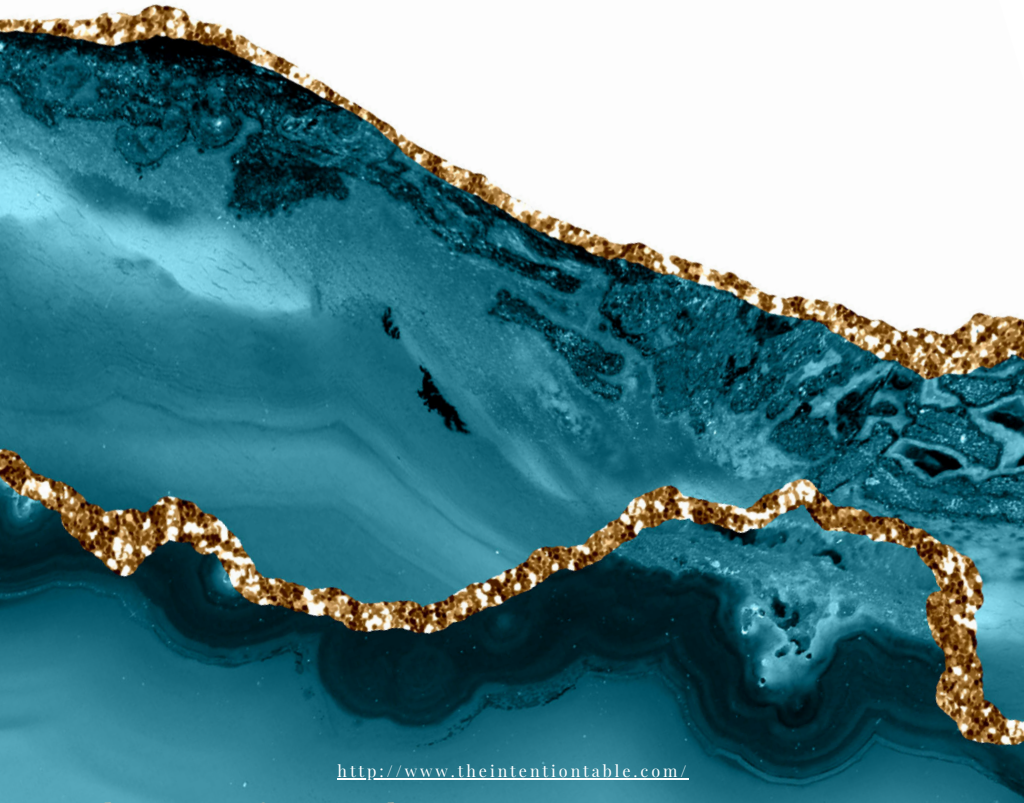
# Consistency





"It's not what we do once in a while that shapes our lives it's what we do consistently."

-Tony Robbins



<http://www.theintentiontable.com/>

# CONSISTENCY

Immerse yourself creating consistency in your actions.

- Develop routines that keep you focused and create momentum.
- Focus on incremental improvement.
- Commit to yourself as it takes a sustained effort of action over the long-term.
- Acknowledge your accomplishments daily.
- Setbacks, schedule changes, and cancellations are ok... it's consistency not perfection.



# CONSISTENCY

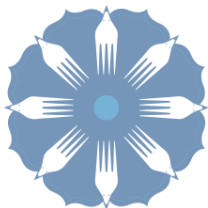
- Allows others to know what to expect and teaches them how to act accordingly.
- Create attention in the present moment
- Maintain a long-term view that helps you measure your results and the impact of your daily action.
- Get an accountability partner to help you maintain your commitment to action.



”

*CONSISTENCY IN  
ACTION.*

“



# PRACTICE

## Explore

How will you set the intention to create more consistency?

## Identify

What areas in your life do you want to be more consistent in? What areas in your life are you already consistent in?

## Examine

What helps you stay steadfast and consistent in your commitments?

## Reflect

What does consistency mean to you? How has a lack of consistency affected your previous goals?

FB GROUP

Share your practice!

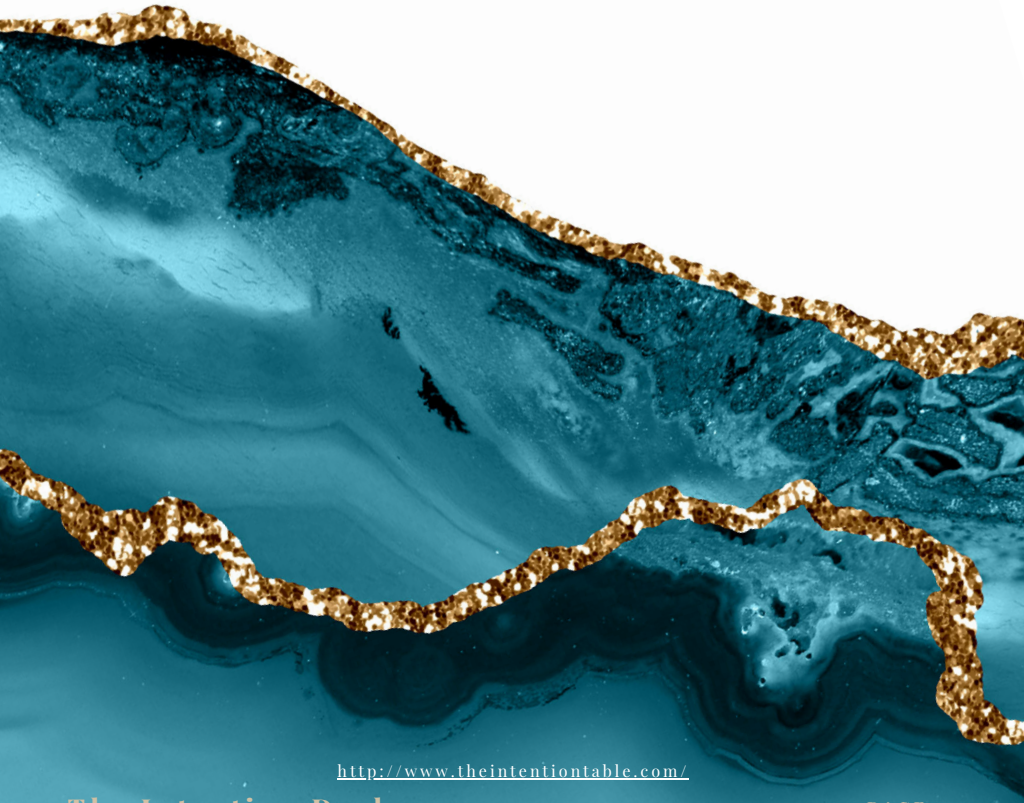


# Courage



"Courage is something that can be developed through practice. It develops when acting in the face of fear and doubt."

-Ricky Tran





# COURAGE

Immerse yourself in cultivating courage.

- Explore bursts of boldness that help you follow your heart, speak your mind and bare your soul to others. In doing so you share your best gifts.
- Recognize and embrace fear without looking past it.
- Invite your fear in if it is present as it allows courage to become accessible.
- Build resistance to the default fight-or-flight response and neutralize fear.

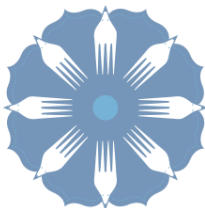


- If you are hesitant to take the first step towards something begin by setting an intention.
- Trust that courage is built and can be cultivated.
- Believe in the value of what you have to say, create, and contribute in this noisy world.

”

*NOT  
CONTROLLED BY  
FEAR.*

“



# PRACTICE

## Explore

How will you set the intention to cultivate courage?

## Identify

Think about inviting fear for circumstances in your life that shy away from. Does inviting fear in help bring you courage to navigate those circumstances?

## Examine

Truly feel your emotions and get curious around them. They can become a roadmap for you.

## Reflect

Was there a time where you embraced courage and were able to look past fear. What steps did you take to get there?

FB GROUP

Share your practice!





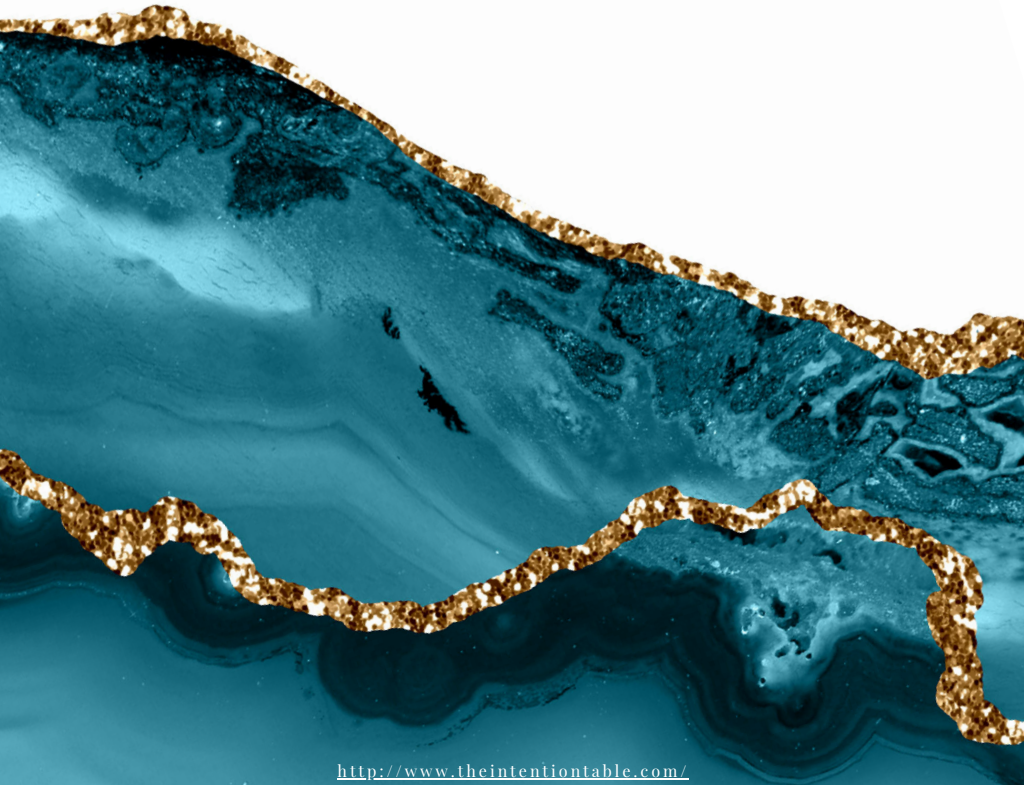
# Create

<http://www.theintentiontable.com/>



"Create the highest, grandest  
vision possible for your life  
because you become what you  
believe."

-Oprah Winfrey



# CREATE

Immerse yourself diving into creation.

- Uncover and own your particular kind of creativity.
- Explore anything that has meaning to you as it can serve as inspiration.
- Look at situations from a new perspective. It can help you come up with new, or maybe even unorthodox solutions.



# CREATE

- Discover the things that bring you joy.
- Challenge yourself to think outside the box.
- Get curious.
- Don't diminish your talents. Embrace all of your skills.
- Give yourself permission to call yourself a creative. Believe it and open yourself up to a whole world of innovative thinking.



”

*I WAS CREATED  
TO CREATE.*

“



# PRACTICE

## Explore

Establish a vision, go through the process of coming up with a plan, and then create and iterate.

## Identify

List the people, places, and experiences you collect inspiration from.

## Examine

Have you ever had to think outside of the box? Write about this and how you came up with the idea.

## Reflect

What are some outlets that help you discover your specific means of self-expression?

FB GROUP

Share your practice!



# Curiosity

<http://www.theintentiontable.com/>



"Curiosity has proven to be a great ingredient in resilience, a trait particularly valuable in an extended economic downturn. Resilient people aren't made of steel; they just provide themselves with more options, and those options come from a curious mind."

-Chip Conley



# CURIOSITY

Immerse yourself in meeting yourself, experiences, and people with curiosity .

- Unlock the secret ingredient to creativity.
- Prevent yourself from going on "autopilot"
- Allows you to come up with solutions when things don't work.
- Practice "Doing nothing" and allow yourself to explore new angles and ideas in that space.



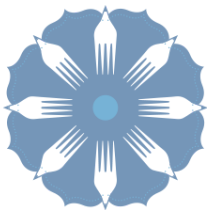
# CURIOSITY

- Make it a habit of understanding why you are doing something.
- Observe yourself without judgement to create room for awareness.
- Practice listening to other perspectives as it creates new ways of looking at things.
- Ask yourself objective questions.

”

*OPEN HEART  
AND MIND.*

“



# PRACTICE

## Explore

How will you set the intention to spark curiosity?

## Identify

Practice asking "Why" and other good questions the next time something comes up to cultivate understanding.

## Examine

Recognize when you are being curious. Are you constantly thinking or talking about something? Do you have physical sensations, or an excitement? List your signs.

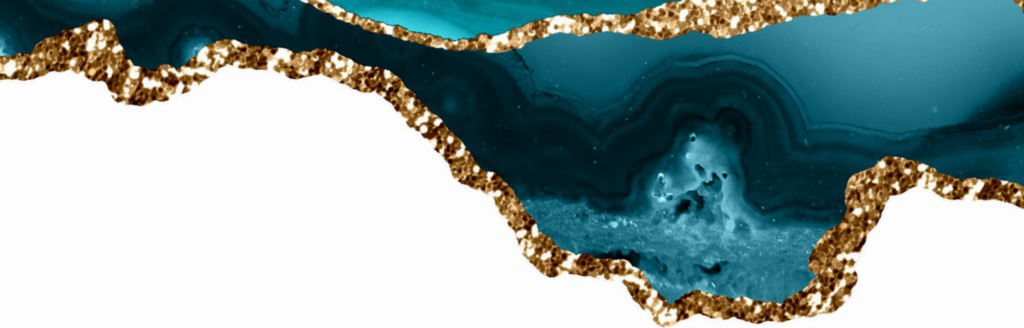
## Reflect

Write down your curiosities to help bring awareness to them. As you capture your thoughts and ideas look for patterns. What do you write about most frequently?

FB GROUP

Share your practice





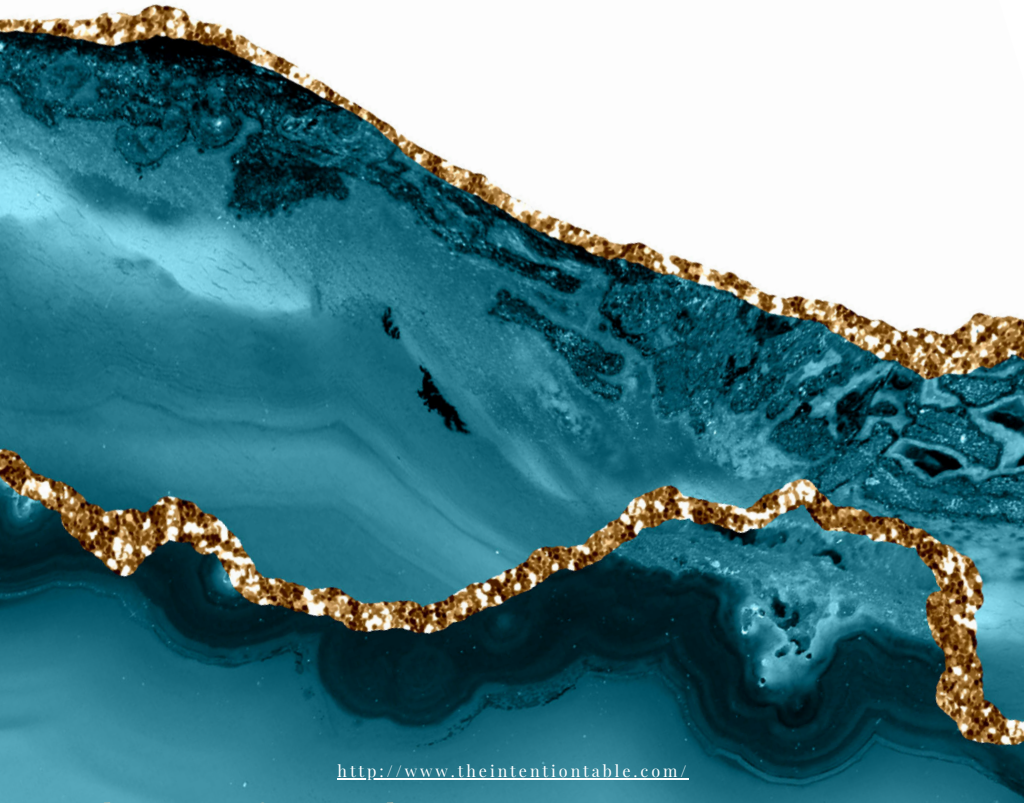
# Determination





"I am determined to make the most of this life, damn it. It's that kind of stubbornness I think we all need more of."

-Elizabeth Gilbert

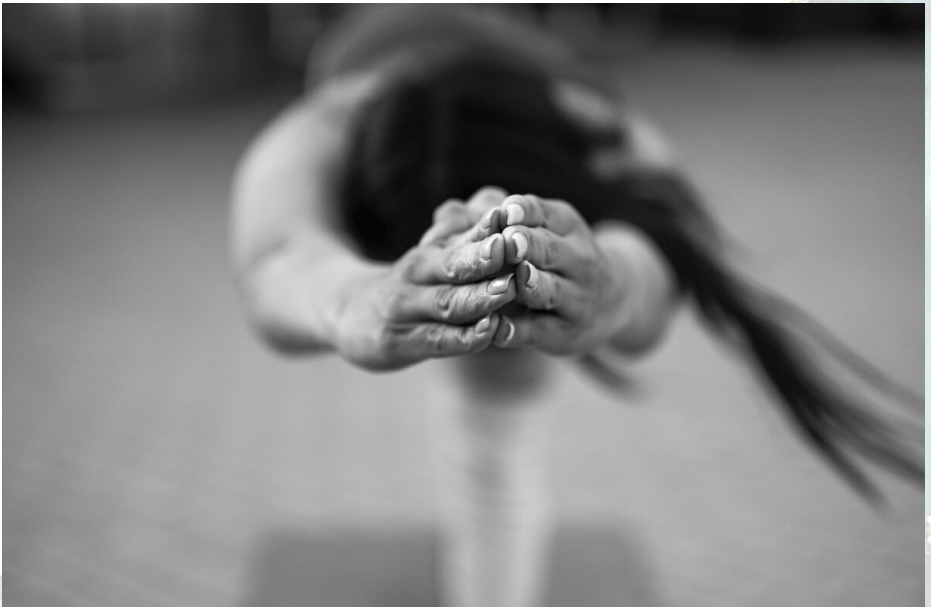


<http://www.theintentiontable.com/>

# DETERMINATION

Immerse yourself in determination.

- Watch out for distractions. Identify and acknowledge them so that you can put them aside.
- Commit to your goal through right practice and enthusiasm .
- Come up with your own set of personal values that help guide you in your endeavor.



- Check in and realign with your actions regularly.
- Focus on the journey and meet the different stages with awareness:  
Beginning, middle, and end.
- Believe in yourself, have patience, and give your best effort.



”

*COMMITTED AND  
STEADFAST.*

“



# PRACTICE

## Explore

How will you set the intention to be determined?

## Identify

List people, things, or thoughts that are current distractions for your development.

## Examine

How often do you check in and re-align with your WHY? Put it on your calendar to do quarterly!

## Reflect

Write about a time when you had a steadfast commitment to learn a new skill. What was that journey like? Is there something you are determined to learn now?

## FB GROUP

Share one thing you are determined to learn or accomplish. Use the #determination



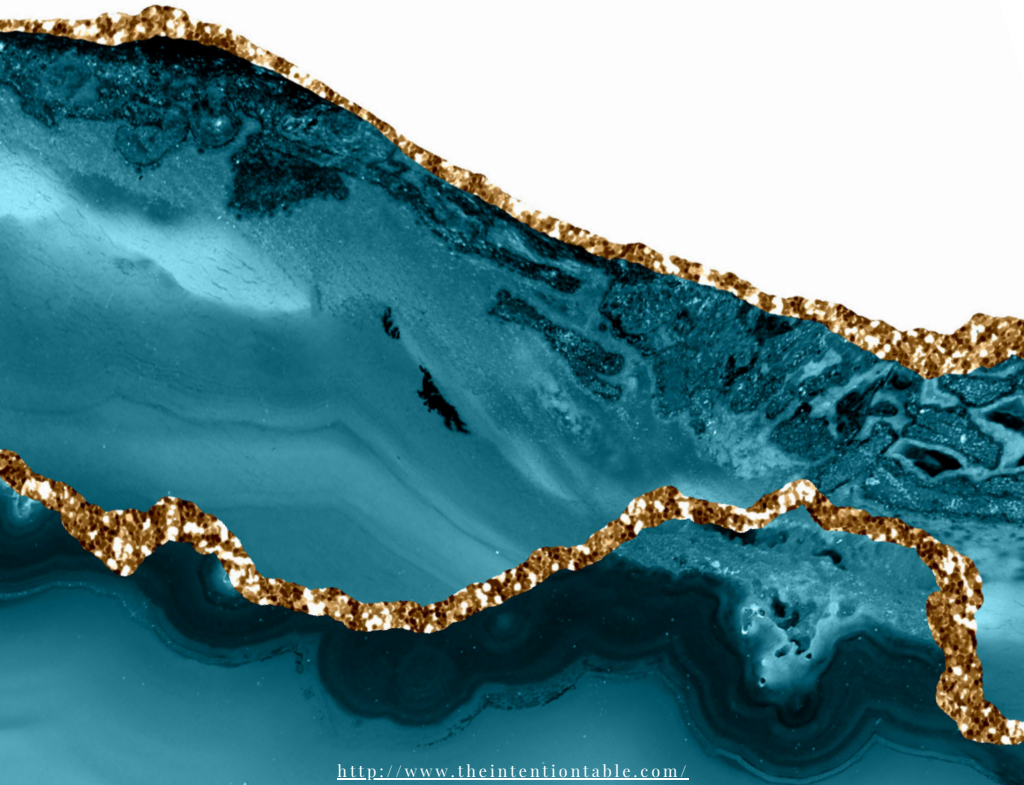
# Discover

<http://www.theintentiontable.com/>



"Like all explorers, we are drawn  
to discover what's waiting out  
there without knowing if we have  
the courage to face it."

-Pema Chodron



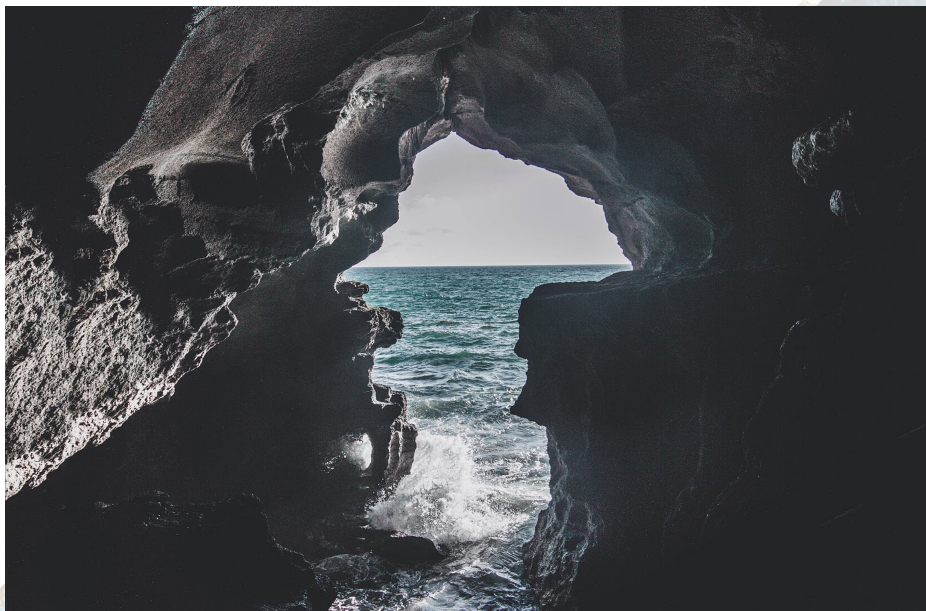
<http://www.theintentiontable.com/>



# DISCOVER

Immerse yourself in wonder of what it is to discover.

- Embrace getting to know yourself and use it as powerful skill.
- Let your passions unfold and enjoy the journey of opening yourself up a range of possibilities.
- Be open to letting your interests and purpose unfold.

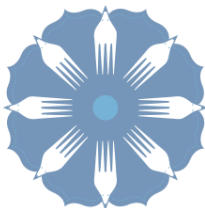


- Go beyond the role you play and explore the labels assigned to you.
- Take time to reflect on your habits, patterns, and coping skills.
- Set up a way to take personal inventory on your emotions.

”

*NEW WAYS OF  
SEEING.*

“



# PRACTICE

## Explore

How can you set the intention to discover?

## Identify

What are your abilities? How can you develop and leverage them?

## Examine

When was the last time you evaluated your passions?  
List what lights you up? Take the time to check in every few months as goals and interests change.

## Reflect

What motivates you? Think about the different tools you have to kick-start you when you might feel stuck.

FB GROUP

Share your practice!





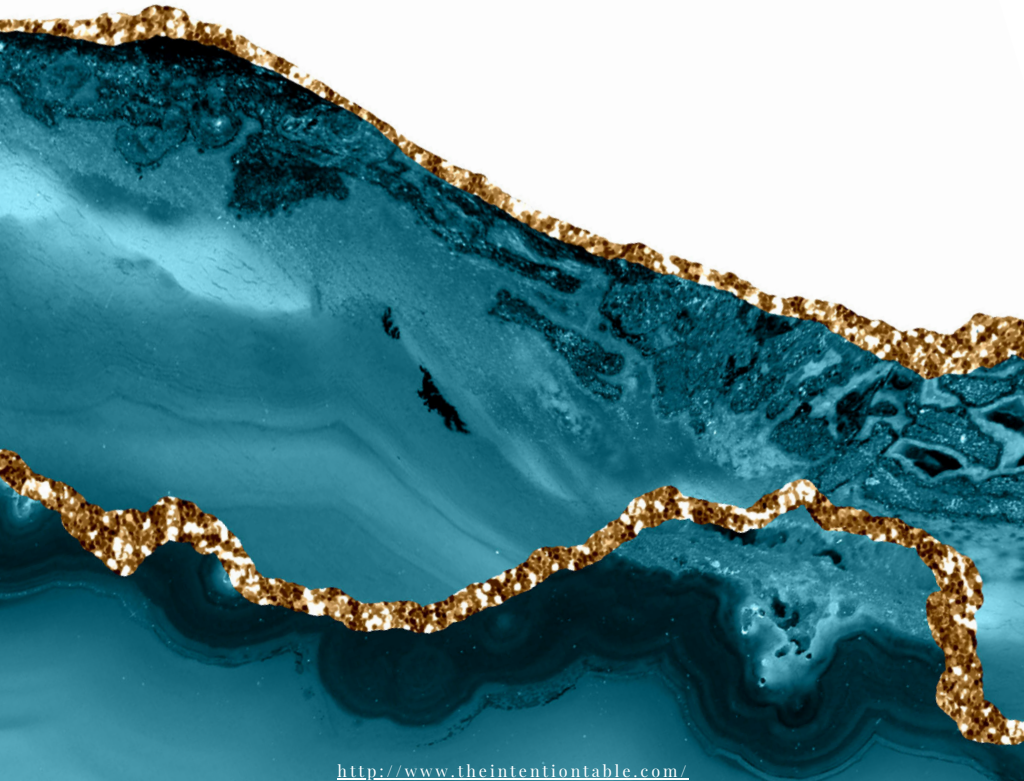
# Enough

<http://www.theintentiontable.com/>



Hack your past with forgiveness,  
Hack your present with  
mindfulness, hack your future  
with, I AM ENOUGH

-Vishen Lakhiani



# ENOUGH

Immerse yourself in the realization that you are enough.

- Love yourself without judgement to know your unconditional worth.
- .Explore internal validation versus external.
- Notice if you are comparing yourself with someone and look for ways to connect with them instead.
- Remind yourself of your past success and accomplishments.



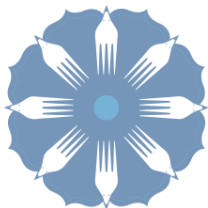
- Become allies with your inner critic.
- Choose language that is empowering to the self.
- Tell yourself you are more than your roles, your mistakes, your body type, gender, or income.
- Surround yourself with people who value you.



”

*NOTHING TO  
PROVE.*

“



# PRACTICE

## Explore

How will you set the intention to recognize you are enough?

## Identify

Who do you surround yourself with who values the person that you are?

## Examine

Do you seek the approval of others? If so, who and why?

## Reflect

What are the different ways you can connect with people versus compare?

FB GROUP

Share your practice.

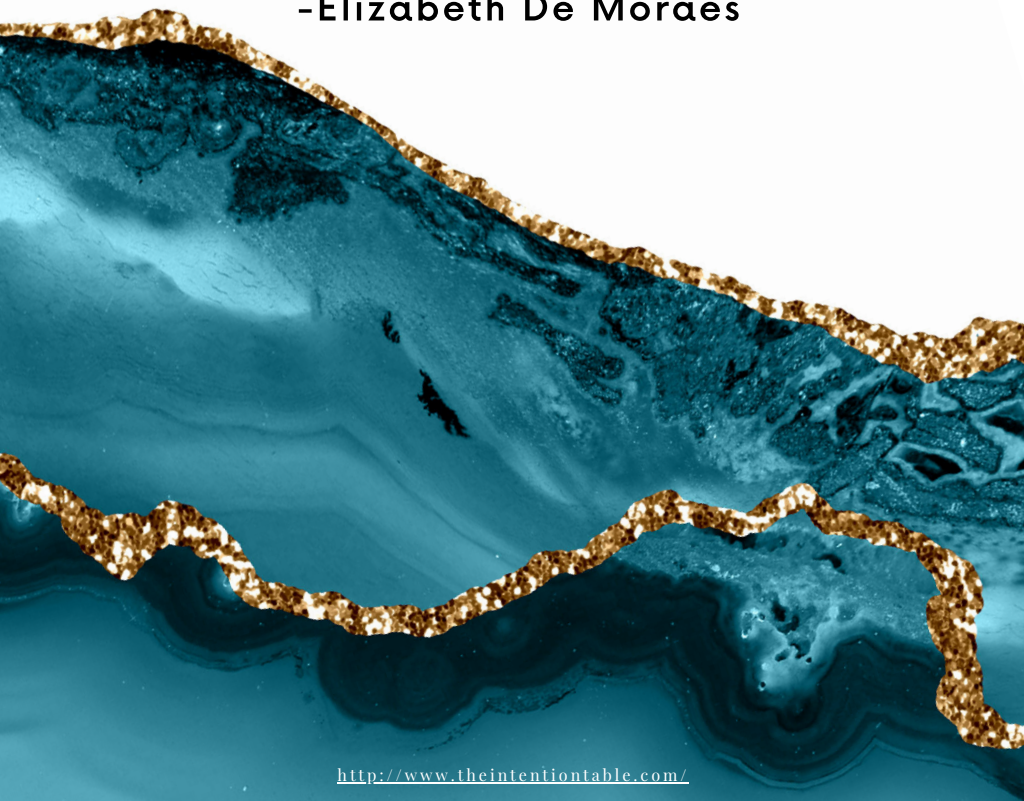


# Expand



"See your life as a constant journey of expansion, rather than a list of finite fulfilled goals to be attained. It is easy to resist this expansion and all the blessings that come with it, but just like a tree, you are meant to continually expand toward the sky, while grounded through your roots so you can reach your full potential."

-Elizabeth De Moraes

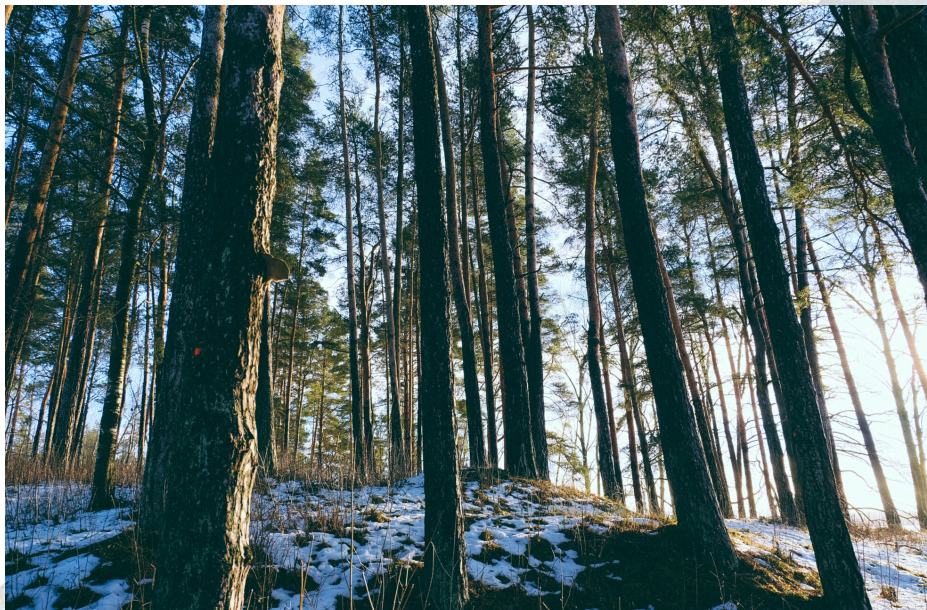




# EXPAND

Immerse yourself in finding ways to expand.

- Release past experiences to open yourself up to new ones.
- Become aware of what you are attaching meaning to that may be meaningless and essentially taking up space.
- Try different things than you normally do.
- Create the courage to observe and reflect.



- Stretch your thinking by being open to different perspectives.
- Create the courage to observe and reflect.
- Be open to seeing your patterns and habits
- Explore choices in different situations by imagining alternative paths and the outcome of each path.
- Change up details of your daily life to practice moving past your comfort zone.

”

*BEYOND MY  
COMFORT ZONE.*

“





# PRACTICE

## Explore

How will you set the intention to expand?

## Identify

List 3 things you have assigned meaning to that may truly be meaningless.

## Examine

What past experiences, interactions, or thoughts are you holding on to that may be limiting you?

## Reflect

Think about the last time you purposely opened yourself up to a completely new experience. What did it feel like after?

FB GROUP

Share your practice!





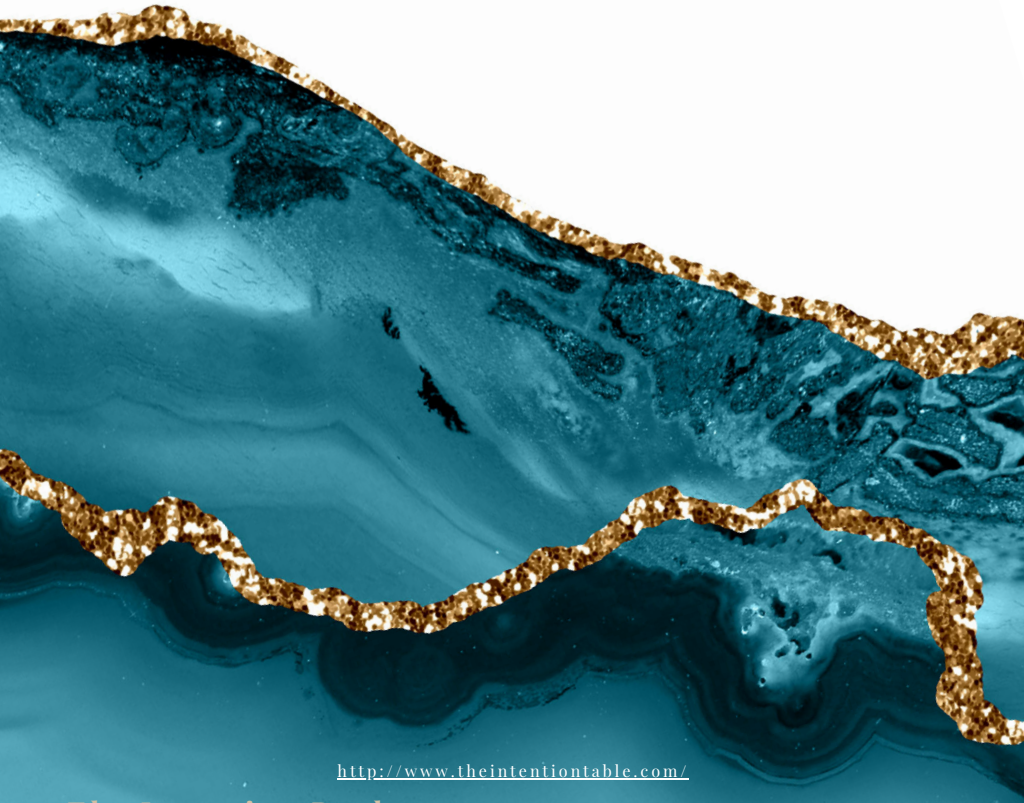
# Focus

<http://www.theintentiontable.com/>



"Kick off the ankle biters and  
focus your eyes on the finish line."

-Tammy Suh Meinhershegan



# FOCUS

Immerse yourself in developing focus.

- Allows you to expend your energy in things that are meaningful.
- Empowers you to ignore distractions that come your way.
- Cultivates confidence in what you can achieve.
- Improving focus increases your effectiveness which in turn helps with progress.



- Stay focused on one task to put less stress on your mind.
- Explore if new ideas and strategies generate when staying on one task.
- Notice if you are spreading yourself thin and make changes to create balance.



”

*NO  
DISTRACTIONS.*

“



# PRACTICE

## Explore

How will you set the intention to focus?

## Identify

List 3 major distractions and 3 subtle distractions that are apparent in your life right now.

## Examine

What in your life creates scattered energy? Ground yourself with breathing. Count to 99 using your breath as a place of focus. Breathe in and create a small pause at the top of your breath. Count 1. Breath out and create a small pause at the bottom of your breath. Count 2. Continue to 99.

## Reflect

Narrow down the things or areas in your life where you would like to cultivate more focus. Pick three that you will start with and create 3 smaller goals for each.

FB GROUP

Share your practice!



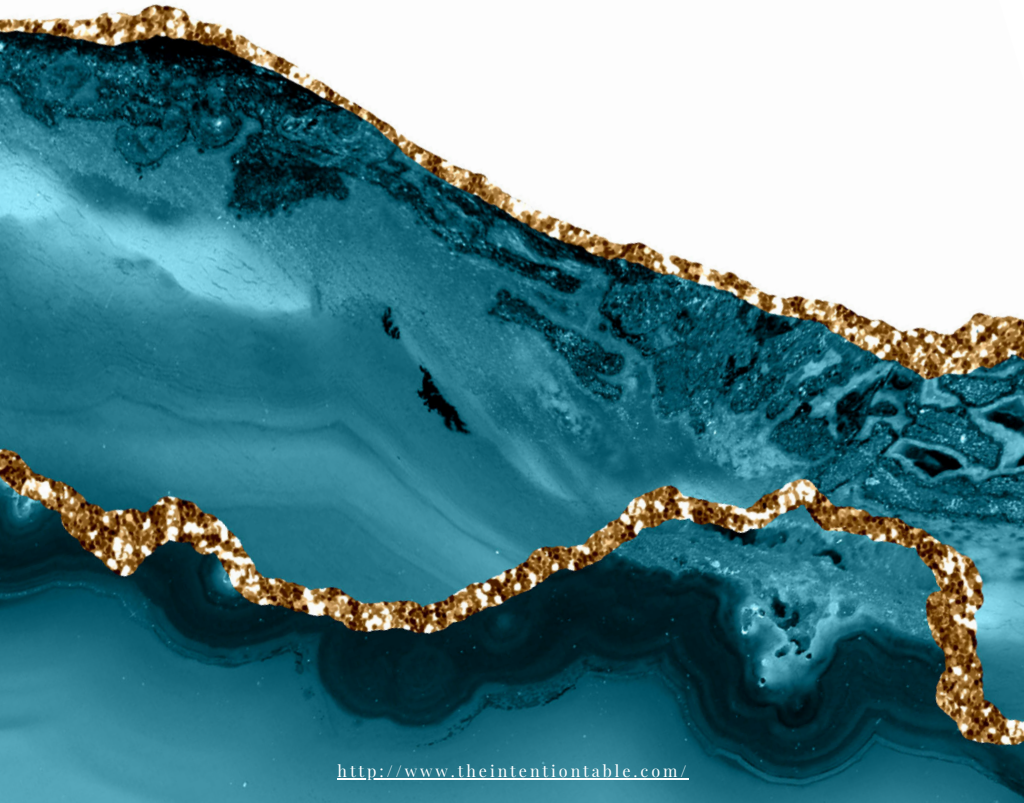
# Forgive

<http://www.theintentiontable.com/>



"To forgive a person is not about letting them off the hook. It's to release yourself from an expectation that they didn't live up to."

-Tommy Jones





# FORGIVE

Immerse yourself generating the ability to forgive.

- Understand that it is a way of improving your overall mental health and well being.
- Explore severing emotional attachments to experiences that are keeping you stuck.
- Generates internal peace. Is a choice a person makes over and over again that can create a fresh perspective.

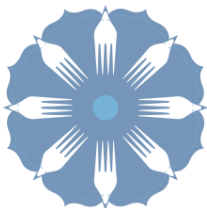


- Consider the gift of freedom it can bring you yourself and others.
- See it as a divine quality that is a part of your true nature.
- Use it as a way to create a sense of overall life satisfaction.
- Show yourself self-compassion and treat yourself with the same kindness, consideration, and acceptance that you give others.

”

*FORGIVE & LIVE*

“



# PRACTICE

## Explore

How will you set the intention to forgive?

## Identify

List the people, circumstances, and events that you are holding onto without forgiveness.

## Examine

What does not forgiving do for your mind and heart?

What would the benefits of forgiveness bring you?

## Reflect

Who or what in your life needs forgiveness? Why?

Are you able to open yourself up to that? What would it take?

FB GROUP

Share your practice!





# Freedom



"As children of God, we are born with the birthright to live in freedom. On the journey of life, we encounter trauma, limiting beliefs and self-sabotaging behaviors which create a prison in our own minds. The powerful word, FREEDOM, anchors me back into remembering my God-given birthright to think, act, feel, operate, serve and soar in total liberation from any prisons—self-imposed or otherwise. We all hold the key to freedom and merely need to claim it and take ownership of it!"

-Tiffany Hendra

# FREEDOM

Immerse yourself in cultivating inner freedom.

- Make an effort to become aware of your responses to what you encounter.
- Learn from your experiences to develop awareness.
- Allow your genuine interests and what you enjoy to guide you in life.
- Create a learned discrimination of your inside world from the outside.



- Cultivate individual, social, and transcendent responsibility.
- Embrace all the emotions on the human spectrum and move from that understanding that it's an experience
- Empower yourself through the practice of making choices that are useful for you.
- Honor your needs by taking effective action.



”

*OXYGEN FOR MY  
SOUL.*

“



# PRACTICE

## Explore

How often do you embrace the concept of choice?  
What does it look like and feel like for you to not?

## Identify

Where in your life do you not feel free? What is  
holding you back and what actionable step can you  
take to get unstuck?

## Examine

What will inner freedom bring to you overall well-  
being?

## Reflect

How often do you embrace the concept of choice?  
What does it look like and feel like for you to not?

FB GROUP

Share your practice!

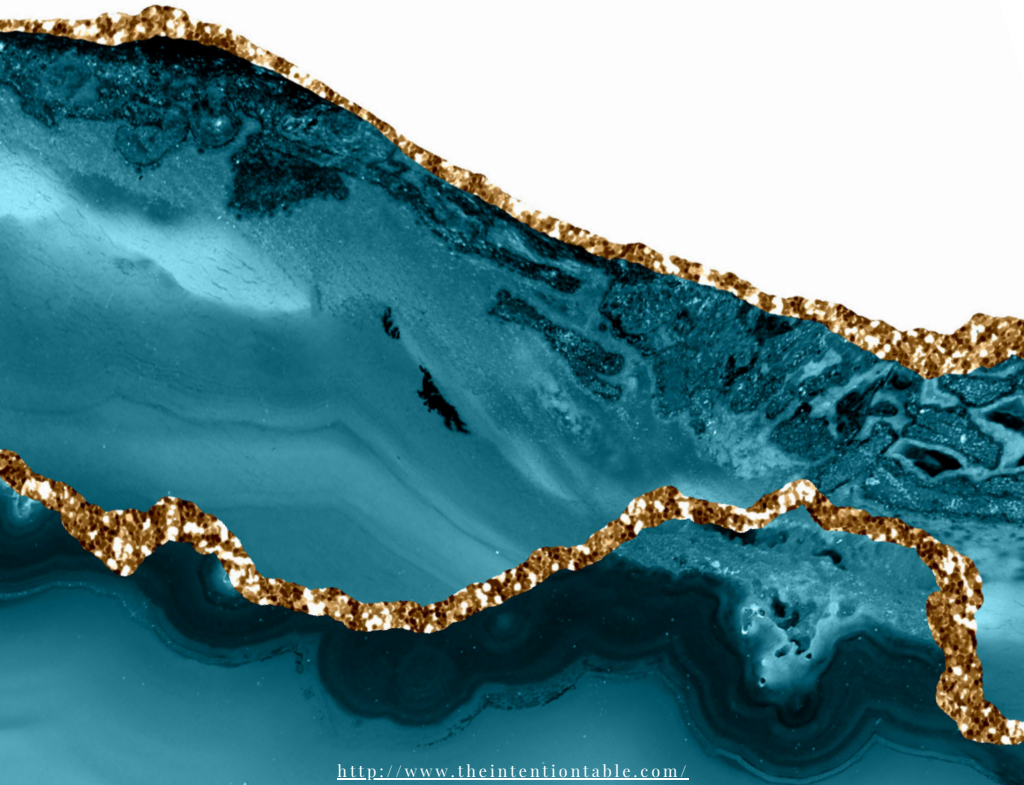


# Grace



"Every time I see an expression of  
love, strength, wisdom and  
humility I know I am witnessing  
grace in action."

-Punam Abbott





# GRACE

Immerse yourself in cultivating grace.

- Come back to it when life throws you a curveball. From this place you learn to trust your journey.
- Treat everyone with respect and kindness.
- Allows you to become present to all aspects of yourself.
- Enables you to begin again.
- Use it when uncovering patterns, behavior, and past choices.

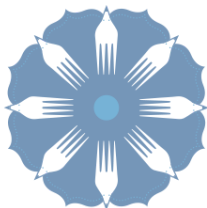


- A tool to use to find peace in uncertainty.
- Gives you strength to endure individual trials.
- Helps you let go of idealistic perfectionism.
- Grace is a process of flow in the here and now.
- Practice an intentional surrender to effortlessly live in harmony with reality.

”

*GRACE ON TOP  
OF GRACE.*

“



# PRACTICE

## Explore

How will you set your intention to cultivate grace in your life?

## Identify

What habits, patterns, or choices could you bring grace to? How about circumstances?

## Examine

List and describe a time someone showed grace to you. How did that feel to receive that? Have you shown grace to someone before? Why?

## Reflect

What does grace mean to you? How has it shown up in your life and where would you like more of it to grow?

FB GROUP

Share your practice!



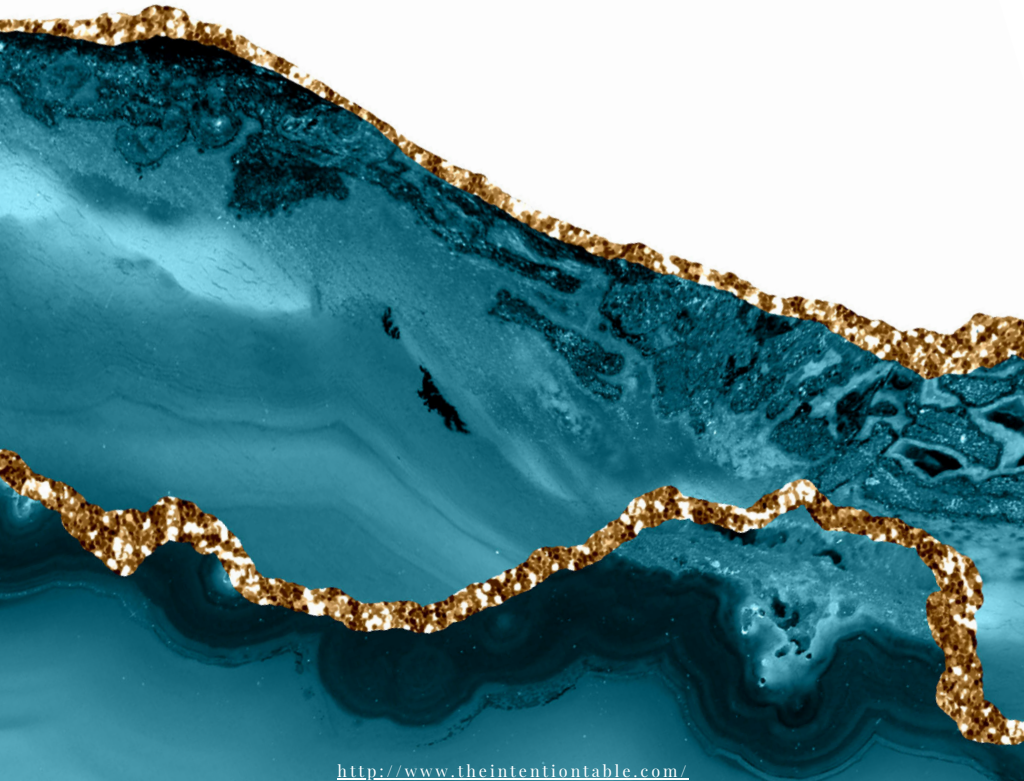


# Gratitude



"Even the smallest amount of  
GRATITUDE can take hold  
impacting all things in the past,  
present, and future."

-JC Cochrane



# GRATITUDE

Immerse yourself in generating a nature filled with gratitude.

- Think about all the positive things in your life.
- Know that it's a proven way to increase happiness.
- Keep a gratitude journal to collect beautiful thoughts in one place.
- Practice five-minutes of appreciation daily and increase your long-term well-being by more than 10 percent.



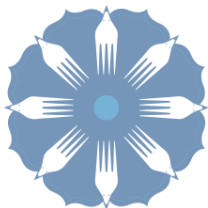
- Increase your energy and health. Gratitude positively affects your health.
- Fill up your mind with positive thoughts and spend less time ruminating.
- Bounce back from stress and use it as a tool to strengthen your ability to explore emotions.
- Deepen your relationships with people in your life by thinking of what their existence brings.



”

*ALL THAT I AM,  
HAVE, &  
SURROUNDS ME.  
I GIVE THANKS.*

“



# PRACTICE

## Explore

How will you set your intention to immerse yourself in gratitude?

## Identify

List and say thank you to the little things your loved ones do for you that you may normally take for granted.

## Examine

Before you sleep at night fill up your consciousness by thinking about the best parts of your day and narrow it down to the best part of your day. Give thanks for that.

## Reflect

List 5 gratitudes daily in a journal and add to it every day. At the end of the week re-read them!

## FB GROUP

Share your practice!



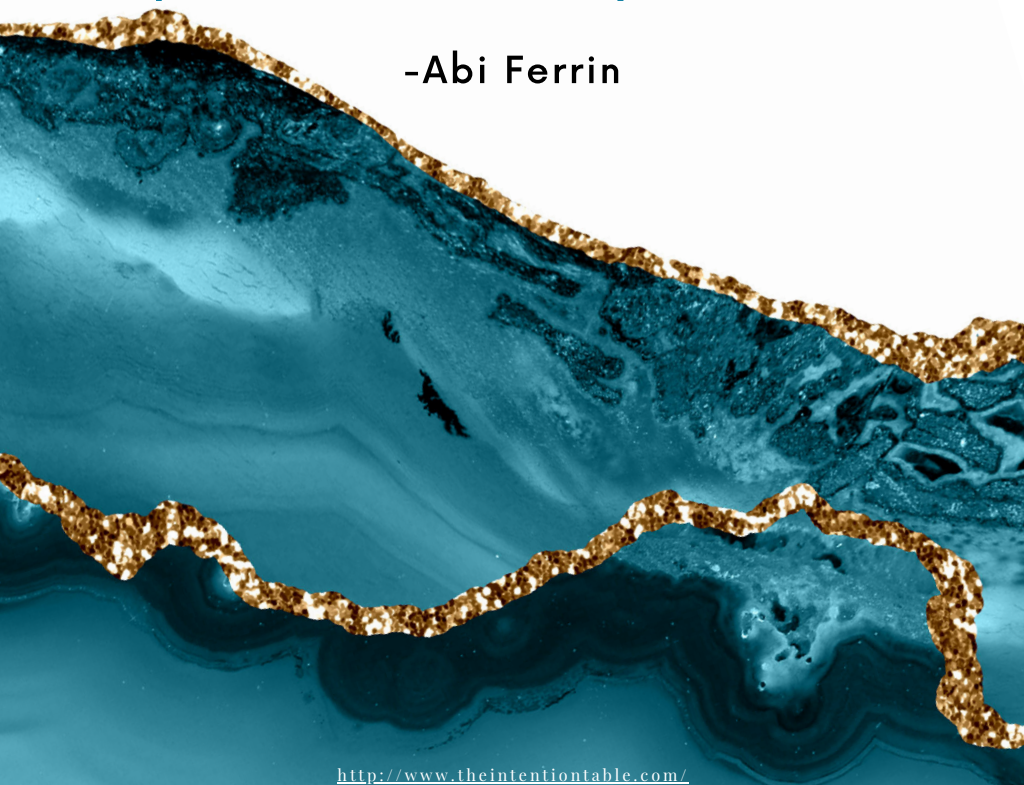
# Heal

<http://www.theintentiontable.com/>



"There are times in my life where I have not stopped and allowed this process to be my focus after a physical wound, illness, or emotional trauma. This only created more dissonance within my body. Now I take the time to repair-to pause-to pay attention to the details-to rest-to observe and allow space for the process to unfold. Healing cannot be stopped or rushed but it can be nurtured and supported. Allow and create time for your process emotionally and physically, and clear the space for the future you desire."

-Abi Ferrin





# HEAL

Immerse yourself in being open to heal.

- Create grace for the different moving parts of your journey.
- Allow yourself to cultivate meaningful relationships that improve the quality of your life.
- Explore others actions and see if they were a reflection of themselves.
- Discover what triggers you be it a person, place, thing, or action.



- Move your body to help release both physical and emotional tensions.
- Confront your feelings by understanding what they are trying to tell you.
- Acknowledge the process without rushing or cutting corners.

”

*HEALING CAN'T  
BE RUSHED.*

“



# PRACTICE

## Explore

How will you set the intention to heal?

## Identify

What tools do you have to help you recognize, label and understand your emotions?

## Examine

Have you tried to cut corners with healing an emotional, mental, or physical wound? Did that serve you?

## Reflect

What have you healed from in your life thus far? Is there anything you have left or shoved away?

FB GROUP

Share your practice!





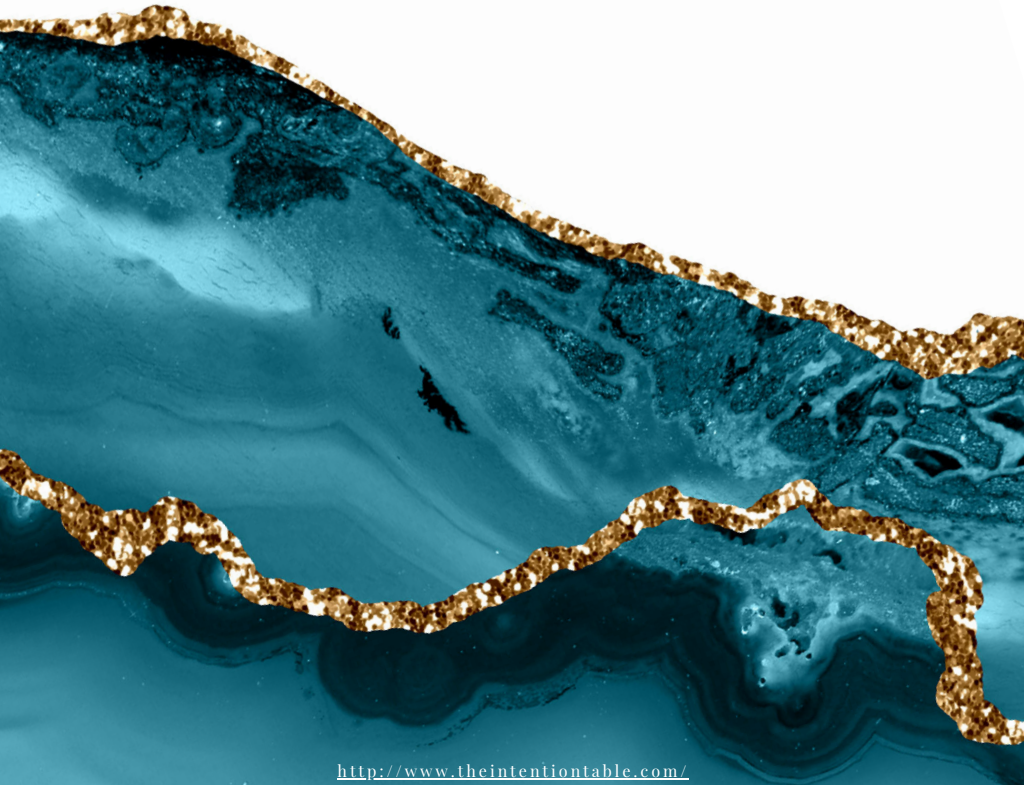
# Inspire

<http://www.theintentiontable.com/>



"We inspire people everywhere  
we go... my aim is to inspire  
kindness- hope & love."

-Robin Corbin



<http://www.theintentiontable.com/>

# INSPIRE

Immerse yourself in being able to inspire.

- Show people around you that you stand your ground
- Acknowledge that you are human and inherently flawed humanizes you.
- Be ambitious and aim high while readjusting to what shows up.
- Share your story as it gives others permission to share theirs.



- Treat people with dignity, love, and respect regardless of their background.
- Challenge your beliefs on a regular basis and open yourself up to new ways of thinking.
- Help people just enough while giving them the freedom to help themselves too.



”

*ASPIRE TO  
INPIRE.*

“



# PRACTICE

## Explore

How will you set the intention to inspire?

## Identify

Has someone ever inspired you recently? What was it that they said or did to move you? Describe the qualities of this person when you think of them.

## Examine

How do you treat people overall? Those that you know, those that you don't know. Is there room for improvement with connecting to others?

## Reflect

Have you shared a story with someone about something you have overcome or accomplished that inspired them? What was it and why were they moved?

FB GROUP

Share your practice!



# Intuition

<http://www.theintentiontable.com/>



"Our own intuition of what we're called to is reality speaking to us individually and perfectly. We have to listen to how the Infinite talks to us and leads us. Reality, Life the Infinite, God, has a way of leading us in just the perfect way, if we will only just listen to it."

- Adyashanti



# INTUITION

Immerse yourself learning to listen to your intuition.

- Pay attention to what is going on around you.
- Check in with feelings in your body.
- Find time to be silent and still so you can hear what your inner voice is saying.
- Recognize it as more than a passing feeling and as a part of who you are.



- Run through options in your mind and monitor how your body and mind react.
- Explore your intuition daily and not just for life's big decisions.
- Ask yourself authentic questions and listen for truthful answers.

”

*INTUITIVE  
AWARENESS.*

“



# PRACTICE

## Explore

How will you set the intention to lean in to your intuition?

## Identify

What does your decision making process look like?  
Are stillness and silence included in it?

## Examine

Think about an experience from the past and recall the moments you realised something was wrong. Did your intuition tell you?

## Reflect

Think about an experience from the past and recall the moments you realised something was wrong. Did your intuition tell you?

FB GROUP

Share your practice!





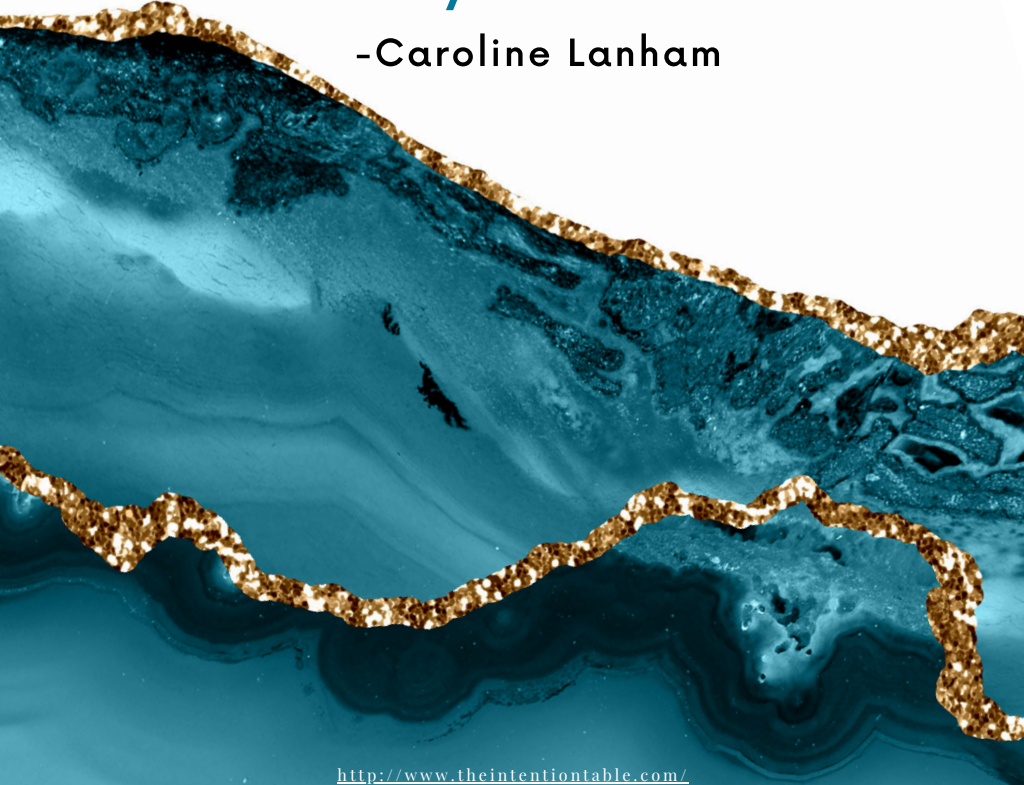
# Joy

<http://www.theintentiontable.com/>



"Find joy by reaching for pleasure. A delicious cup of coffee in my favorite mug. A walk in nature on sunny day. A warm bubble bath with essential oils. Time alone to journal and meditate. By putting pleasure first, I bring joy not only to myself but to everyone around me."

-Caroline Lanham



# JOY

Immerse yourself creating joy in your life.

- Allow yourself to be happy in the here and now.
- Make self-care a part of your norm.
- Laugh more with people.
- Take stock of what brings you pleasure and add sprinkle it into your week.
- Get into gratitude and be appreciative for what you have.



- Tell or read a story that makes you feel positive or inspired.
- Reach for thoughts that make you feel good and then practice feeling into them.
- Clean out false beliefs that can keep you stuck.
- Sprinkle pleasure into your life with simple things.



”

*CELEBRATE LIFE.*

“



# PRACTICE

## Explore

How will you set the intention to cultivate joy in your life?

## Identify

What pulls you away from joy and how do you get back to it when it's disappeared?

## Examine

Trace your hand on a piece of paper and let each finger act as a sense. Fill up your hand with the different things that bring your senses joy.

## Reflect

When is the last time you woke up celebrating your precious human life? Go through your day and assess all the things worth celebrating on a given day.

FB GROUP  
Share your practice!



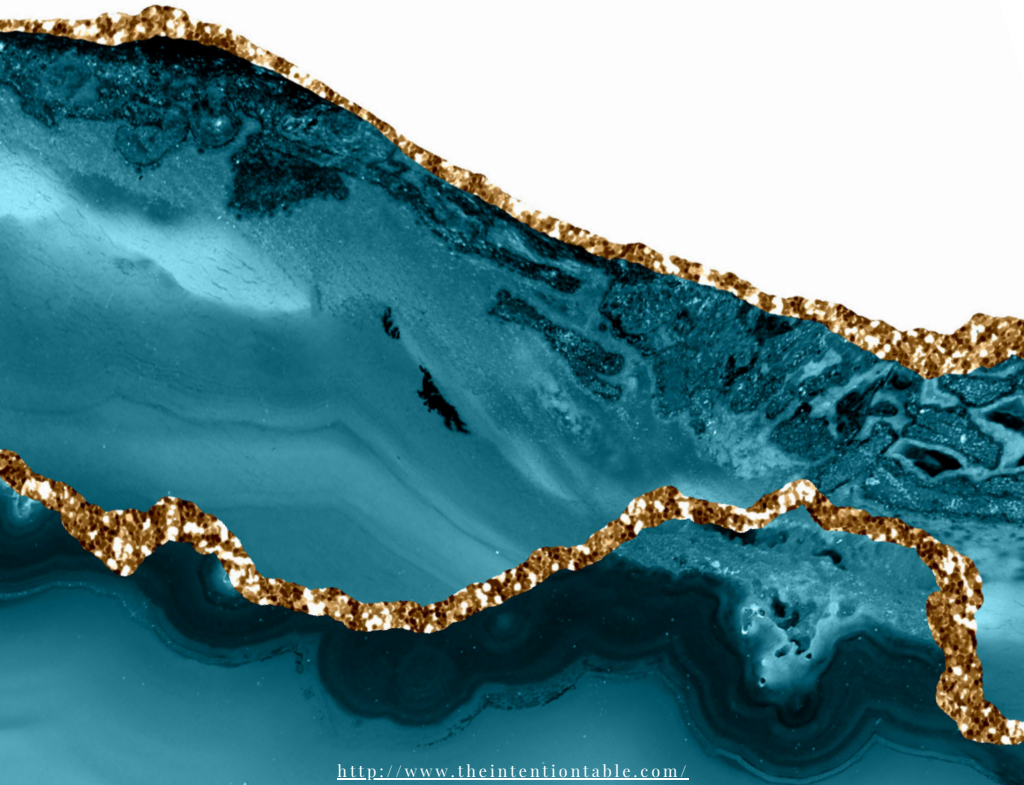
# Kindness

<http://www.theintentiontable.com/>



"Be kind to one another."

-Ellen DeGeneres



<http://www.theintentiontable.com/>



# KINDNESS

Immerse yourself in kindness.

- Release feel-good hormones and that are good for your heart.
- Slow down the aging process.
- Improve your relationships and connections.
- Think of small ways you can show kindness. Passing on a book you have read, smiling at someone, letting a driver pass you, sending a note, etc.

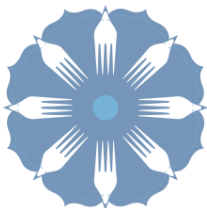


- Wave at someone who cuts you off on the road. Keep in mind you don't know what kind of day they have had.
- Buy a gift for a friend and send it to them just because.
- Offer someone your time and ears for no reason at all.
- Practice Metta Meditation.
- Recognize we are all human.

”

*KINDNESS  
MATTERS.*

“



# PRACTICE

## Explore

How will you immerse yourself in kindness?

## Identify

Recall experiences someone was kind to you in the past three months. What is one way you can thank them, even if you have already thanked them?

## Examine

When was the last time you were kind to someone. What made you want to do that?

## Reflect

Is there someone in your life you could be more kind to? What is one way you could start?

FB GROUP

Share your practice!





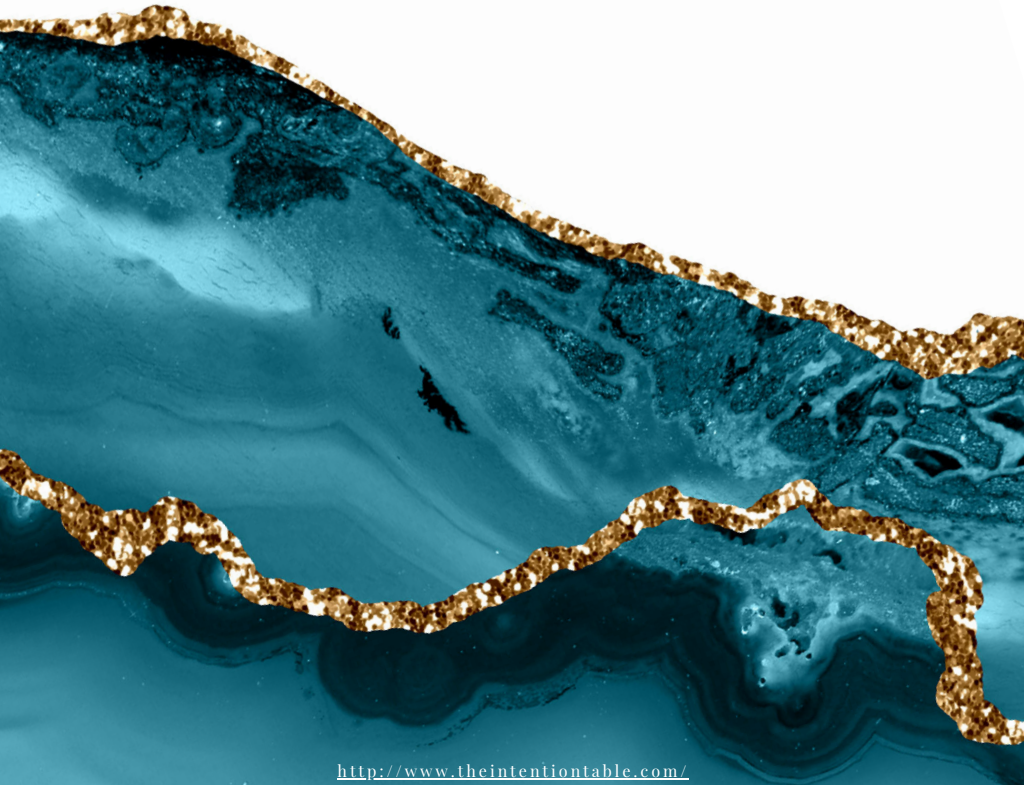
# Listen

<http://www.theintentiontable.com/>



"Listen as if wisdom could arrive  
at any moment."

-Joshua Harrison



# LISTEN

Immerse yourself in growing your ability to listen.

- Check in and see if you have an agenda. Put it aside and focus on the present.
- Ask questions that are related to what a person says.
- Enter a conversation with curiosity to open you up to different perspectives.
- Think before you speak, this is very obvious but also very underused.



- See it as a way to get to know yourself and others better.
- Make others feel understood and cared for.
- Use silence as a powerful tool to hear.



”

*PRESENT  
ENOUGH TO  
HEAR.*

“



# PRACTICE

## Explore

How will you set the intention to immerse yourself in listening? List 3 ways.

## Identify

How do you like people to engage in conversation with you? What shows you that they are listening?  
How do you engage in conversation with others?  
What shows them that you are listening?

## Examine

How comfortable are you with silence? When do you prefer to use it?

## Reflect

Are you able to fully concentrate on what someone is saying when they speak? Can you recall what is said back to you and summarize it while asking for clarification?

FB GROUP  
Share your practice!

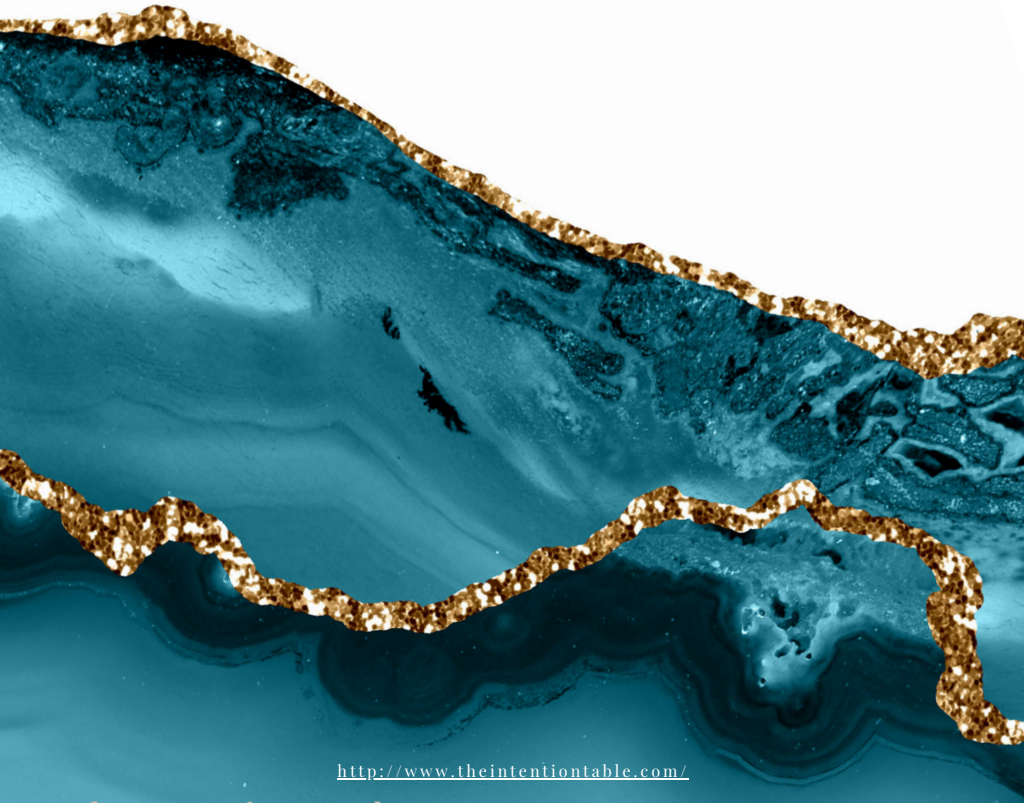


# Love



# "Love is all that matters"

-Chrystal Rae Almeida



<http://www.theintentiontable.com/>



# LOVE

Immerse yourself in giving and receiving love.

- Experience is an absolute reality that has no beginning, middle or end.
- Understand love as more than a feeling. Explore it as also a commitment, decision, and action.
- Acknowledge thoughtful things people in your life do.
- Communicate your feelings through words or action.



- Look past imperfections and explore the good as well.
- Speak to yourself and others with respect.
- Compromise can guide us to more loving friendships and relationships that steer us from being self-absorbed.
- Gift yourself and others with this way of being.

”

*LOVE MATTERS.*

“



# PRACTICE

## Explore

How will you set the intention to be someone who gives and receives love.

## Identify

How would compromise create more love in your life? Think of 1 current experience that could use this.

## Examine

Imagine what it feels like to be immersed in self love. Describe it.

## Reflect

How do you prefer to be individually loved? Rank these in your personal preference order. Words of affirmation, acts of service, receiving gifts, quality time, and physical touch

FB GROUP  
Share your practice!





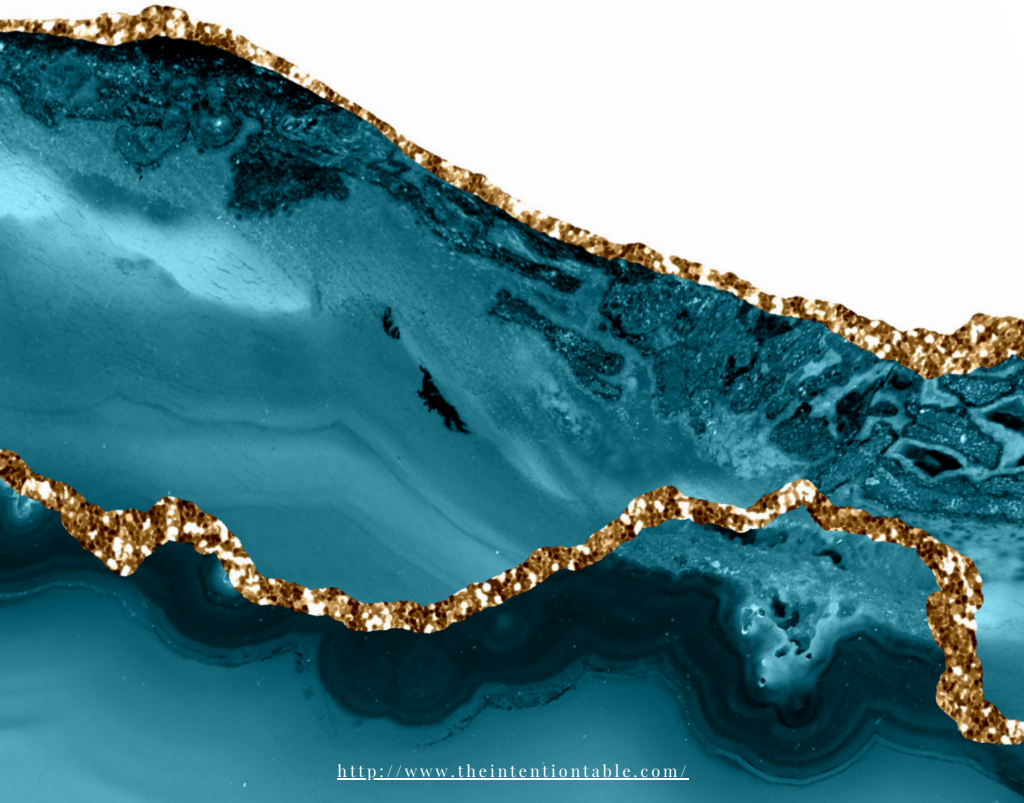
# Nourish

<http://www.theintentiontable.com/>



"Nourish your soul with  
connection, love and passion. It's  
more fulfilling and creates  
contentment."

- Nikky Phinyawatana



<http://www.theintentiontable.com/>

# NOURISH

Immerse yourself in nourishing your mind, body, and soul.

- Get outside and reconnect with nature.
- Explore two forms of free medicine:  
Laughter & Gratitude.
- Discover putting your body in rest & digest
- Volunteer to find deeper meaning while also doing some good.



- Take a few minutes to connect and reach out to someone.
- Organize your environment and personal space.
- Explore spiritual text
- Eat nutrient rich foods prepared and served with love.



”

*NOURISH TO  
FLOURISH.*

“



# PRACTICE

## Explore

How will you set the intention to nourish your mind, body, and soul?

## Identify

What activities or things help recharge you? List them. Which ones do you practice weekly?

## Examine

Explore connecting to the breath of your life. Practice mindfulness by paying close attention to your breath. Send your breath from your belly, to your lungs, to your diaphragm and then reverse. Watch in wonder as you energize yourself.

## Reflect

How much of your time is spent with technology or doing things that don't feed you internally. If you could do a detox from these things how would you spend your time?

FB GROUP  
Share your practice!



# Now



"Most humans are never really present in the now, because unconsciously they believe that the next moment must be more important than this one. But then you miss your whole life, which is never NOT now. And that's a revelation for some people: to realize that your life is only ever now."

- Eckhart Tolle



# NOW

Immerse yourself in the importance of now.

- Focus on your journey versus the outcome.
- Learn to be an observer of thoughts moment to moment without judgement.
- Notice sensations in your body while exploring movement or stillness.
- Explore what you avoid as well as what you cling to.

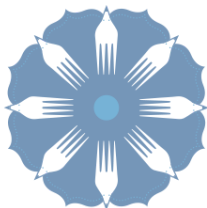


- Pay attention to things in a careful way.
- Decrease rumination of thoughts of the past or the future.
- Boost your awareness of how you interpret and react to what's happening in your mind.

”

*THIS MOMENT.*

“



# PRACTICE

## Explore

How in tune are you with your senses? Spend 5 minutes exploring your environment and then writing down what your senses recall.

## Identify

Quantify how much time you spend in the here and now versus the past or the future.

## Examine

What is like to be childlike and in the moment?  
When was the last time you experienced something with childlike curiosity?

## Reflect

List how you will set the intention to practice being in the now?

FB GROUP  
Share your practice!





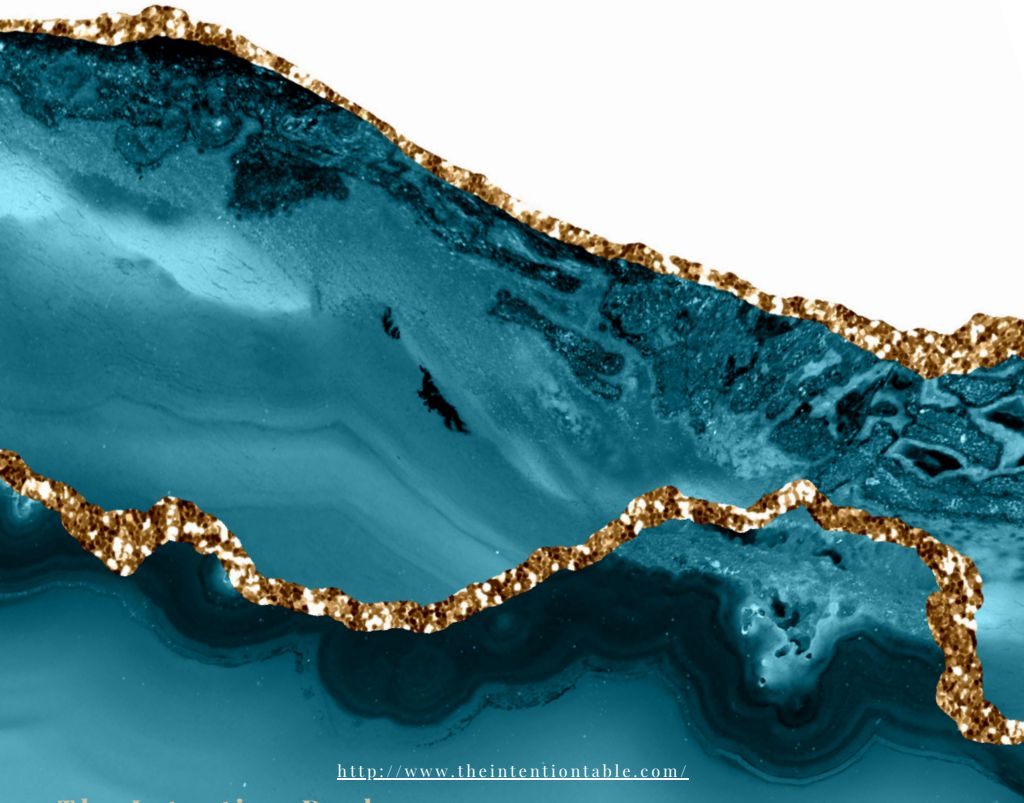
# Peace

<http://www.theintentiontable.com/>



"Peace is the result of retraining  
your mind to process life as it is  
rather than as you think it should  
be."

- Wayne Dyer



# PEACE

Immerse yourself cultivating peace in your life.

- Notice if you need to slow down and practice ways of doing that.
- When faced with a challenge zoom out and dive into the extent of the challenge.
- Explore relaxation techniques that work for you.
- Learn to set limits and stop doing things that truly don't matter so much.



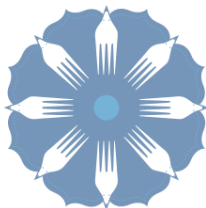
- Dissect negative experiences that you may be holding onto from the past. Explore acknowledging them and then letting them go.
- Explore if communicating with someone would help decrease anxiety.
- Disconnect and rest.
- Breathe with your belly and focus on your air going in and out.



”

*CALM IN MY  
MIND, BODY,  
AND HEART.*

“



# PRACTICE

## Explore

How will you set the intention to cultivate peace in your life?

## Identify

When was the last time you set limits and said no?  
How did you do this and why?

## Examine

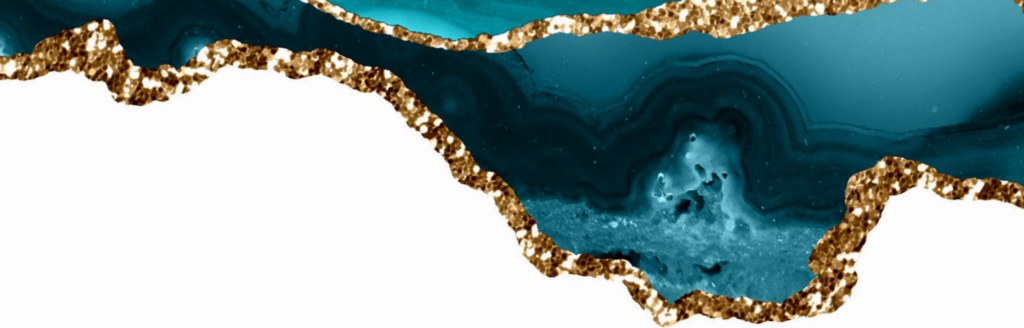
Create a list of things you do to bring yourself back to peace when you are sad, angry, frustrated. How often do you access those tools when in those states?

## Reflect

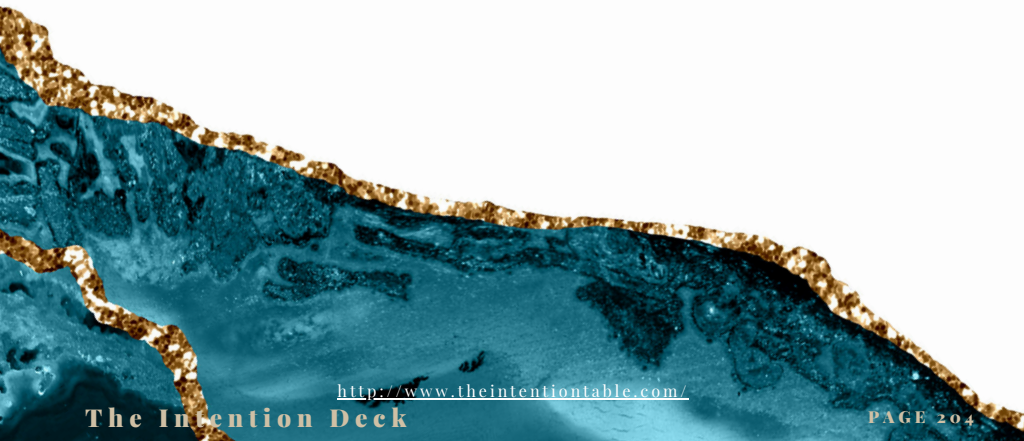
Take a challenge that you currently have and zoom out on it. What does it look like and feel like? Can you find ways to be grateful for this challenge or learn from it?

FB GROUP

Share your practice!



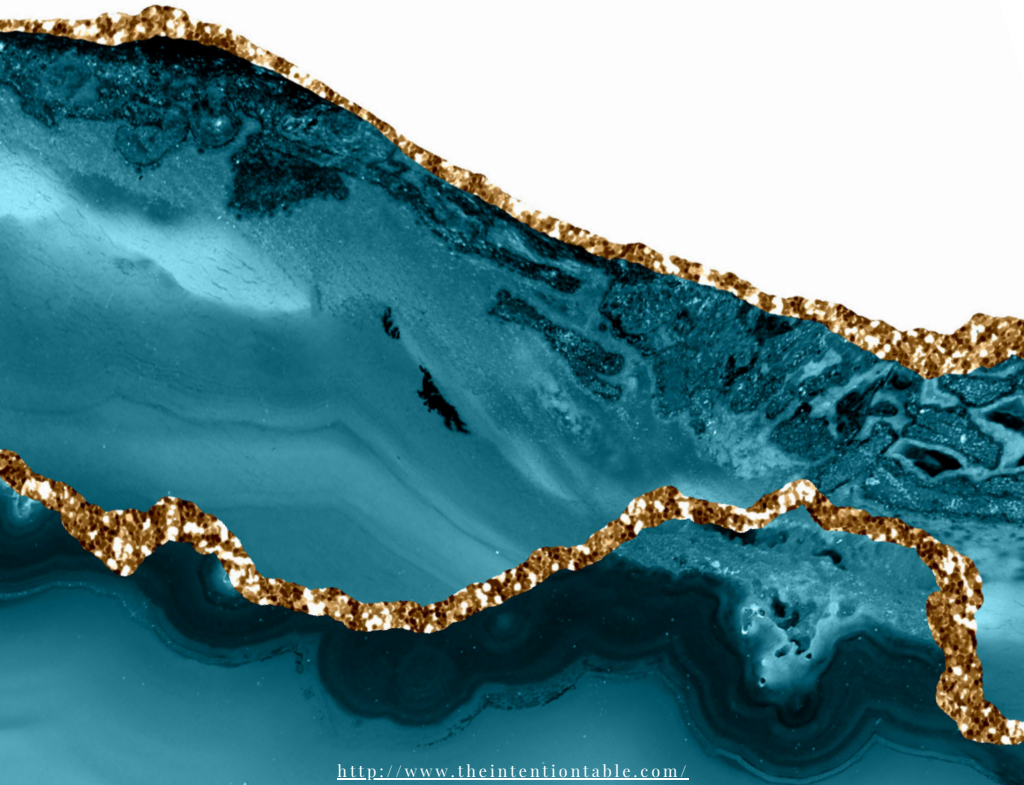
# Perseverance





"Great works are performed not  
by strength but by perseverance."

-Samuel Johnson



<http://www.theintentiontable.com/>



# PERSEVERANCE

Immerse yourself developing and practicing perseverance.

- Explore your daily habits and see which actions align with your expectations.
- If in a challenging moment take 3 deep breaths with a longer exhale before moving forward.
- Reflect on outcomes and explore what changes can be made next time.
- Visualize yourself doing a skill or action to its fullest.



- Keep yourself focused on your "WHY".
- Stay present to the moment and explore what you can do vs can't.
- Ask the right questions from yourself and others.
- Work from joy and pleasure
- Have grace for yourself while simultaneously believing in yourself.

”

*CONTINUE TO  
CLIMB.*

“



# PRACTICE

## Explore

How will you set the intention to practice perseverance?

## Identify

Think about a time where you believed in yourself and continued to try to successfully accomplish something. What did it feel like to continue to try and believe in yourself.

## Examine

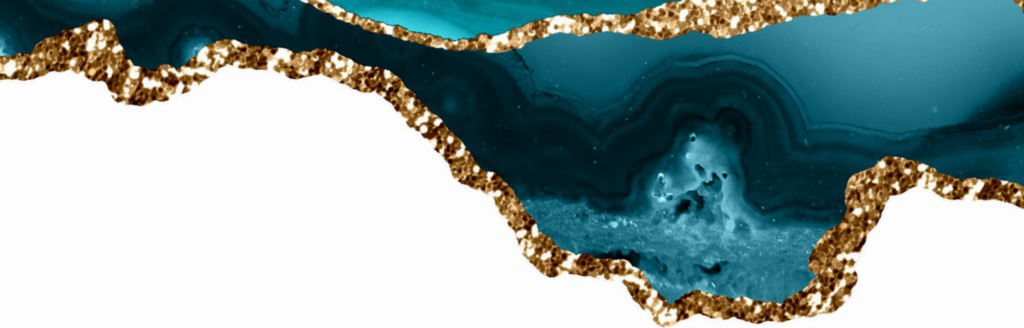
Dive into your daily habits and explore them. Do your actions align with your goals, dreams, purpose?

## Reflect

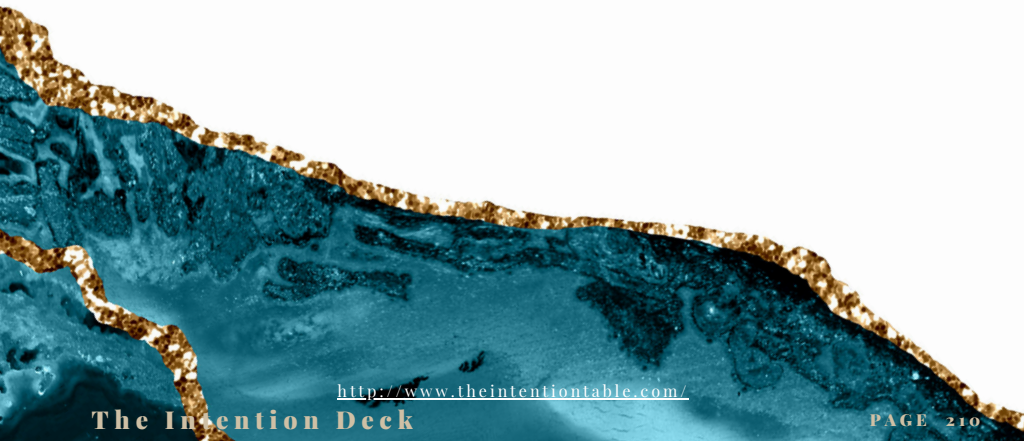
Visualize a challenge currently in your life and see yourself moving through it. Explore the beginning, middle, and end of this challenge and any emotions that pass through.

FB GROUP  
Share your practice!





# Perspective





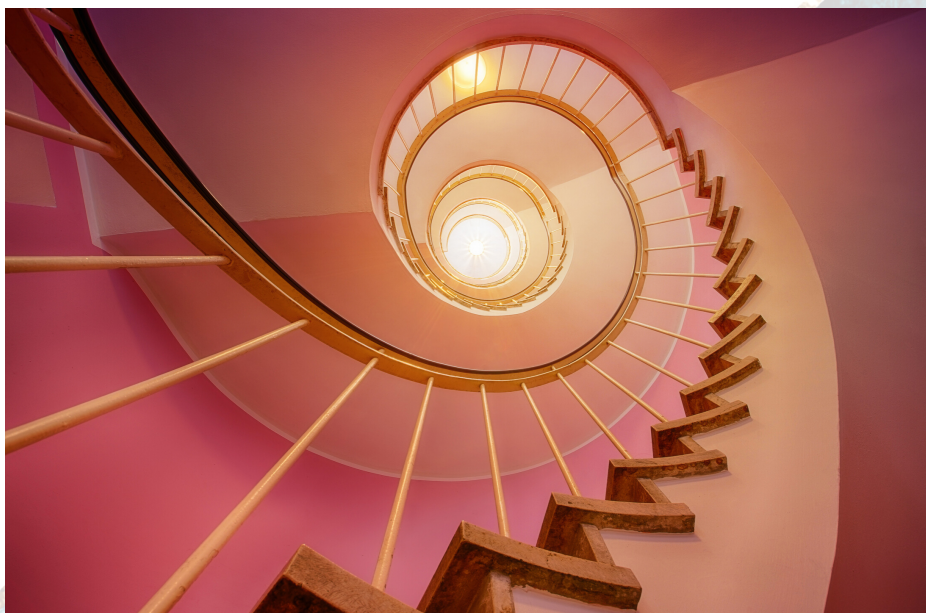
"If you let them, children provide you with a completely new lens to understand the world and your place in it. When our daughter came out as transgender, we learned that loving her unconditionally also meant relearning everything we thought we knew about gender, about parenting, and even about ourselves. Transitioning along with her provided us with a perspective on self, family, and community that was based on radical acceptance and appreciation for all the parts of ourselves, our family, and our society that did not fit into social constructs or challenged the status quo. This perspective has allowed our whole family to take more agency in defining ourselves and our purpose here in this world."

-Priya Shah

# PERSPECTIVE

Immerse yourself creating consistency in your actions.

- Ask yourself if you are being curious, compassionate, and non judgemental.
- Spend time thinking about your beliefs.
- Explore being a witness to your life and observing your actions. Notice what is influencing your choices and thoughts.



- Explore helpful thinking that include solutions, flexibility and the acceptance of your situation.
- Explore helpful thinking that includes solutions, flexibility and the acceptance of your situation.
- Know that you have the power to think in a way that supports your circumstance.
- Change direction if you find yourself diving into negative talk.
- Be open to having to see your "blind spots" as a way to grow.



”

*EXPLORE WITH  
CURIOSITY.*

“



# PRACTICE

## Explore

How will you set the intention to explore perspective?

## Identify

How open are you to listening to others opinions, beliefs, and experiences with curiosity? Describe a recent time you showed this.

## Examine

What kind of thinking do you use with challenges? Solution based or avoidant based? Rigid or flexible? Pushing back against reality or acceptance? Is your way of thinking productive?

## Reflect

How much of your belief system comes from conditioning or people who influenced you? Has anything shifted since then?

FB GROUP

Share your practice!

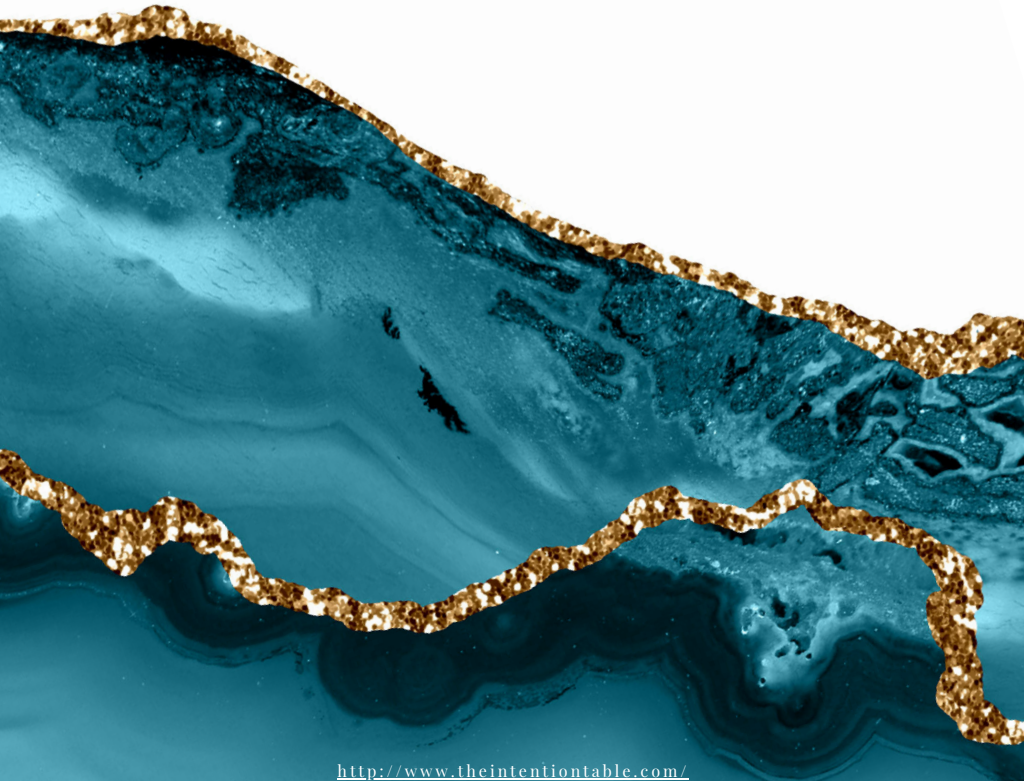


# Possibility



"The first step is to establish that something is possible, then probability will occur."

- Elon Musk





# POSSIBILITY

Immerse yourself in believing in possibility.

- Look for opportunities or answers when in a tough situation.
- Ask yourself, "Why not me".
- Say yes to something that you may typically talk yourself out of.
- Know that you making a change is an option.
- Set goals focused on the process and not the outcome.

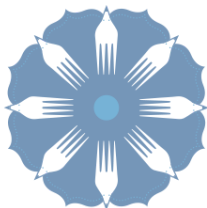


- Dive into your mindset and explore what limiting beliefs may be sounding an alarm.
- Be open to things not working so that you can find the solution to what does.
- Arm yourself with courage and confidence as you dance with uncertainty.
- Understand that obstacles are part of the process.

”

*LIMITLESS.*

“



# PRACTICE

## Explore

How will you set the intention to dwell in possibility?

## Identify

List three possible solutions to a current challenge at this moment in time.

## Examine

Where in your life has a limiting belief shut you down emotionally, mentally, or physically?

## Reflect

Think about things you would like to do or experience. Write down what happens when you Ask yourself, "why not me" related to those things.

FB GROUP

Share your practice!



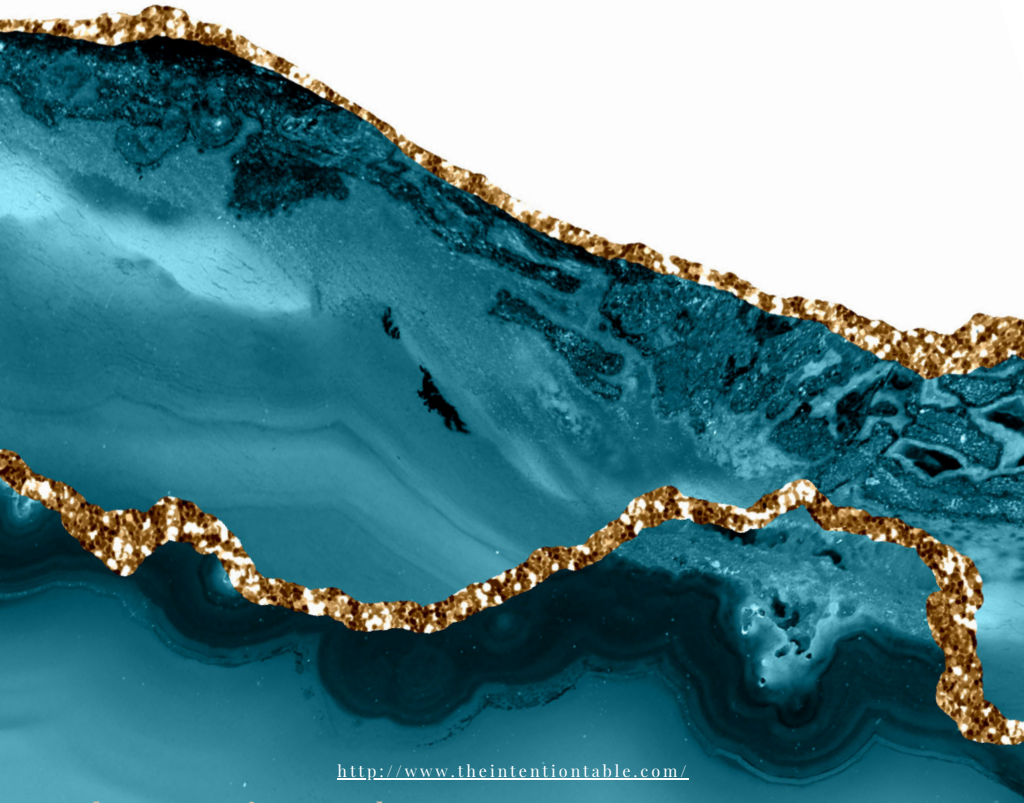


# Practice



"I've always considered myself to be just average talent and what I have is a ridiculous insane obsessiveness for practice and preparation."

- Will Smith



# PRACTICE

Immerse yourself in understanding the importance of right practice.

- Remember your why and intention behind what you say and do.
- Continue to measure your progress and celebrate changes.
- Be convicted and enthusiastic for the skill or goal you are trying to attain.
- Focus on the process as that is where most of the "work" happens.



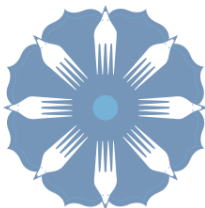
- Develop skills that may be on automatic reflex from having basic competence.
- Life and interruptions will happen, stay the course.
- Encourages discipline to stay rooted in learning.
- Set small realistic goals.
- Find ways to recharge and rest.



”

*COMMITTED TO  
GROWTH.*

“



# PRACTICE

## Explore

Are the goals you set realistic? List 3 of your most current goals. Break them up into smaller subsets.

## Identify

Think of a skill that you could be more committed to growth in. What holds you back from dedicated practice?

## Examine

How committed AND enthusiastic are you about the things you practice? Share what brings you joy about it.

## Reflect

How will you set the intention to develop right practice?

FB GROUP

Share your practice!



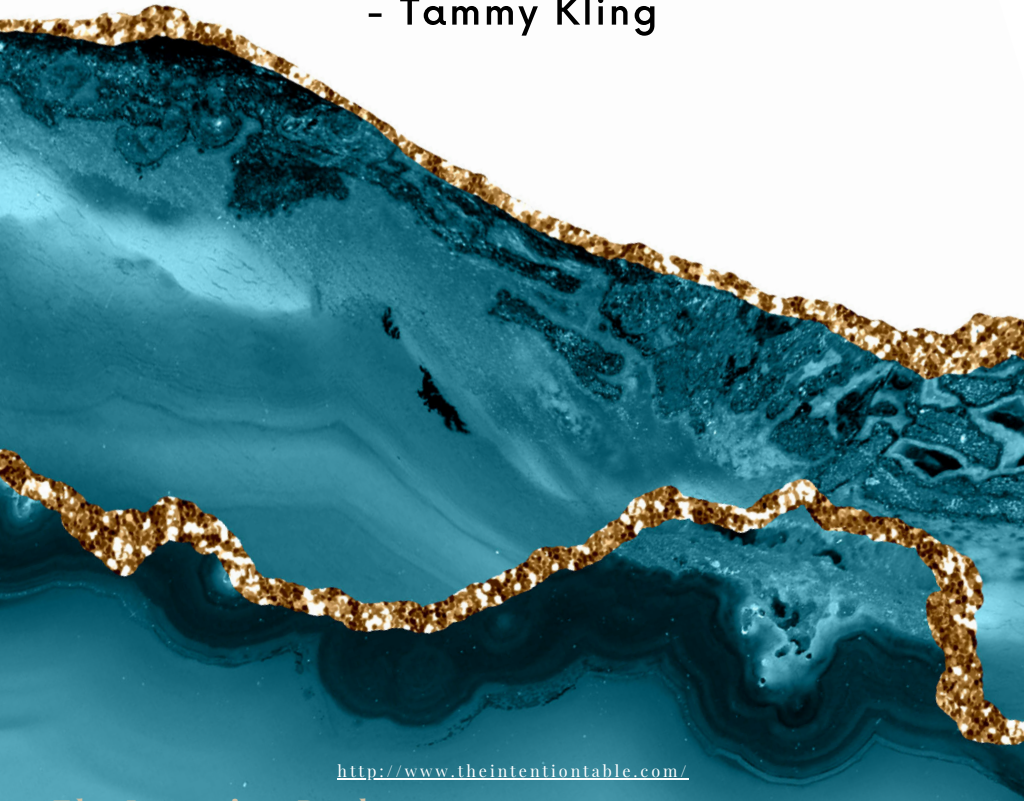
# Purpose

<http://www.theintentiontable.com/>



"Everything in life, flows from purpose. Whether it's business or personal endeavors, true joy will be short lived if we chase dream, after dream, without intentionality. The most critical life's work begins with discovering your purpose."

- Tammy Kling





# PURPOSE

Immerse yourself living in and on purpose.

- Keep your "why" in the back of your mind to help you become aware of your what drives your actions.
- Define your values and beliefs and use them to influence your decisions.
- Explore your priorities and see where you may be off balance.
- Show up FULLY in you actions.
- Create an abundant energy by being in flow.

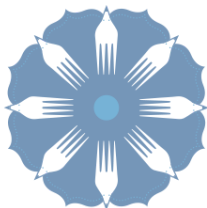


- Explore how you want being in purpose to feel.
- Surround yourself with people who inspire, motivate, and give you energy.
- Make time for the things that bring you joy.
- Clear clutter from your physical, emotional, mental, and personal space.
- Give back to others using your individual gifts.

”

*MY WHY.*

“



# PRACTICE

## Explore

How will you set the intention to live in and on purpose?

## Identify

Create three lists. Your values. Your beliefs. Your Passions.

## Examine

Explore how you want to feel and list the things that make you feel that way.

## Reflect

Do you have a "why". What is it? If you do not have a why look back at your lists and see if anything from there points you in the direction.

FB GROUP

Share your practice!



# Release

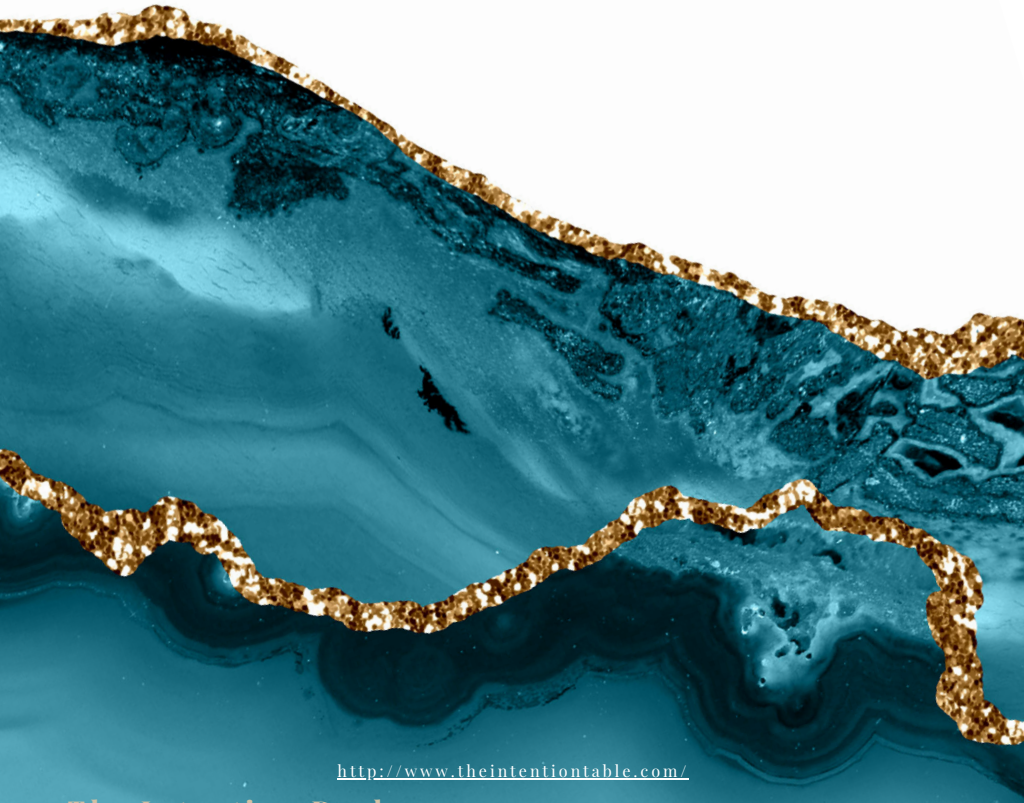
<http://www.theintentiontable.com/>





"Release your body, your mind, unhelpful beliefs, hurts, etc... I find release to be a soft power. The kind of power that fills you up with ease and comfort and belief. Belief in yourself. Belief that you finally exhaled. That you let go."

- Angela Prior



# RELEASE

Immerse yourself getting to a place of release.

- Explore places in your body or mind that you may be stuck.
- Notice if you are holding on to any painful emotions or resentment.
- Accept what you cannot change and focus on what action you can take.
- Open yourself to changing your perception. Maybe the root cause of your hurt is a blessing in disguise.



- Feel your emotions fully so that you can let them go.
- Pause and reflect before confronting someone you are hostile towards.
- Identify what the experience you are holding on to taught you.
- Create a personal space that reflects your current reality.
- Use deep breathing techniques to calm your mind.

”

*LET GO.*

“



# PRACTICE

## Explore

How will you set the intention to release?

## Identify

Are you currently holding on to something? List 5 benefits or lessons this circumstance has taught you. End your sentence for each with thank you.

## Examine

Have you ever had an experience where you found yourself saying, "that was a blessing in disguise". What did that mean to you?

## Reflect

Could there be emotions stuck in your mind and body from not fully feeling them. Think about if you allow yourself to feel emotions fully or not.

FB GROUP

Share your practice!





# Respond



" People often respond to others from a reactionary place. If we can step back for a moment and try to understand what the other person needs from us, we can respond with compassion and empathy."

- Dr. Sangini Sood

# RESPOND

Immerse yourself creating the ability to respond.

- Practice watching yourself when something "good" or "bad" happens
- Pay attention to how your mind reacts.
- Learn to pause and breathe before considering a response.
- Watch your reactions fade away as you practice mindful observation.
- Ask yourself, "Am I reacting?".



- Recognize that you have choices and explore options.
- Visualize yourself in the future and imagine what the outcome would be.
- Balance present moment emotion with logical thoughts.
- Explore the context and search for next steps.
- Remember your values, beliefs, and priorities.

”

*RESPOND  
VERSUS REACT.*

“





# PRACTICE

## Explore

How will you set the intention for cultivating the ability to respond?

## Identify

Everyone reacts to stress differently. Some people avoid, pause, think, act, etc. List 3 different stressful experiences you have encountered in the the past month as well as your natural reaction.

## Examine

As you explore your reactions examine if their could have been a better way to respond to the above experiences. What would you do differently?

## Reflect

Be objective and observational of yourself. On average would you consider yourself reactive or responsive to situations? Make a list of what you react to vs respond to.

FB GROUP

Share your practice!



# Rest

<http://www.theintentiontable.com/>



"Rest is a mandate to stop, to catch your breath, and reset. It's an opportunity, when your body has stopped and focused on its breath, to turn inward. Once inward, you can calibrate yourself in a centered place, to refocus on the goal, to reset and continue. "

- Dr. Lee Kinsey

# REST

Immerse yourself in understanding the importance of rest.

- Gives you an opportunity to reflect, step back and evaluate your life.
- Admit how important sleep is to your ability to function.
- Balance out your nervous systems with breathing, yoga, meditation.
- Start your day with a grounding ritual such as sipping tea or sharing gratitudes.



- Refocus and energize both your body and your mind.
- Helps create a reserve energy bank for when the ups and down of life come your way.
- Cultivates contentment in the now.
- Helps us embrace a lifestyle that is focused on alignment rather than hustle.



”

*RESTORE MY  
ENERGY.*

“



# PRACTICE

## Explore

How will you set the intention to rest?

## Identify

Are your actions aligned with your values? Do you find yourself constantly on the go or in flow?

## Examine

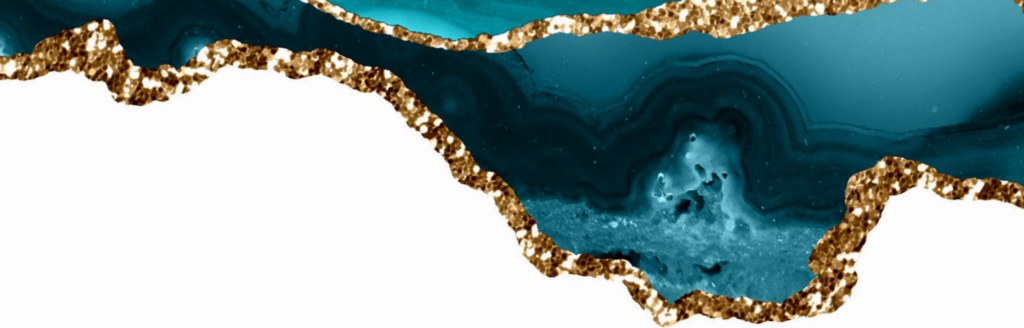
What are the benefits of resting for you? List how it has helped you.

## Reflect

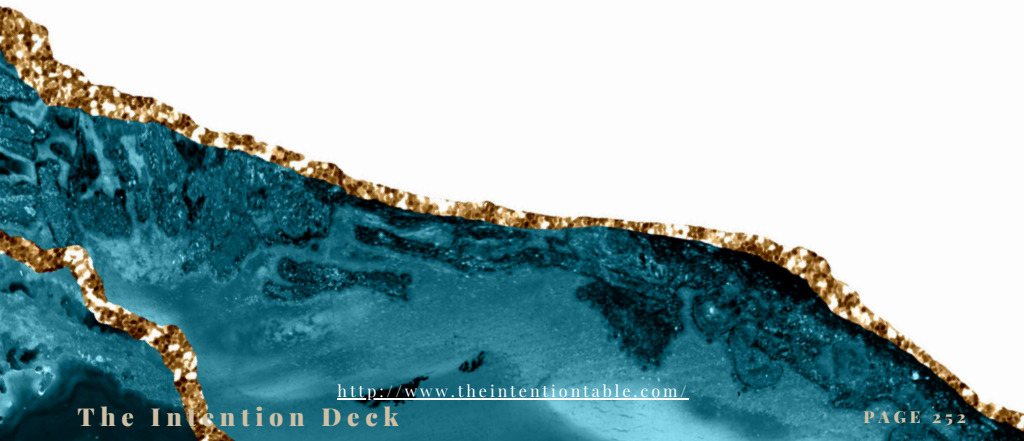
Do you give yourself permission to rest? What does that look like weekly or even daily? If not, why don't you?

FB GROUP

Share your practice!



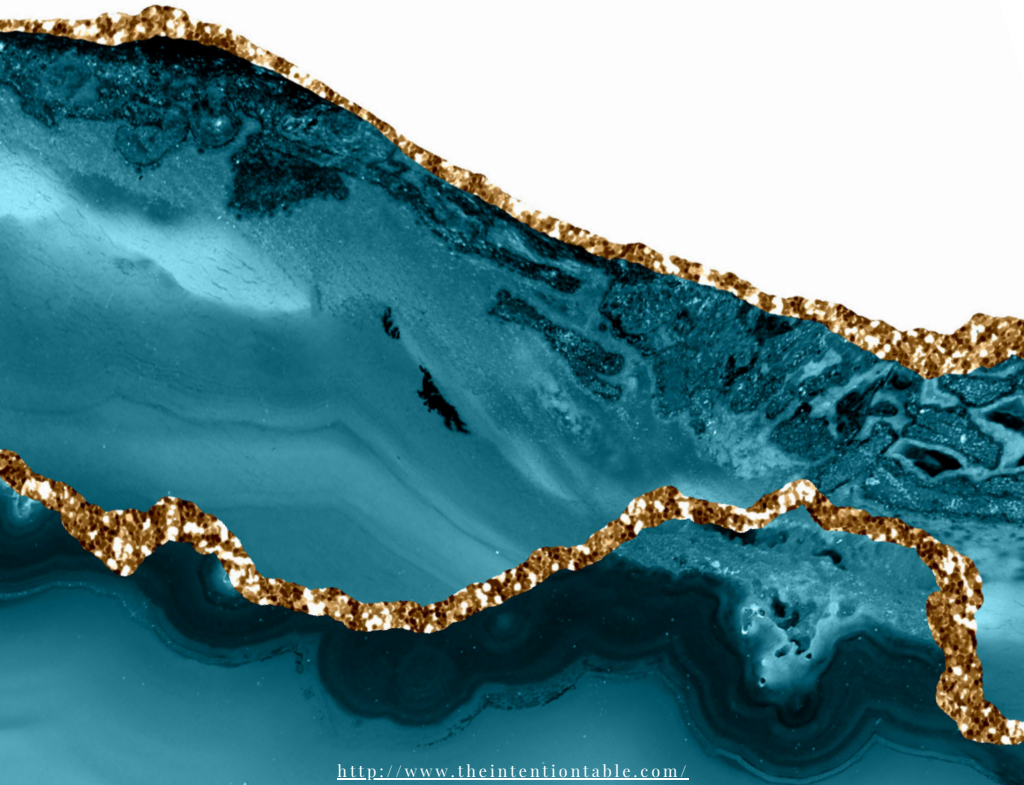
# Self-Discovery





"Step into the fire of self-  
discovery. This fire will not burn  
you, it will only burn what you are  
not."

- Mooji



# SELF-DISCOVERY

Immerse yourself in being open to self-discovery.

- Practice noticing what you are thinking when you are thinking.
- Learn from your mistakes and look at them as your allies.
- Define your core values and explore if your actions match.
- Look into your childhood and explore your experiences, beliefs, and behavior patterns.



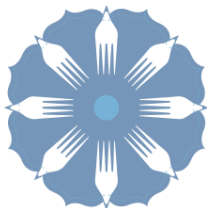


- Embrace self-reflection or journal writing.
- Ask yourself, "Who am I?" and investigate what you learn.
- Make peace with yourself and recognize your challenges, vulnerabilities, and strengths.
- Notice and understand what your triggers are. Where have they come from?
- Get curious and become friends with the question, "Why". Explore what lights you up.

”

*KNOW THYSELF.*

“



# PRACTICE

## Explore

How will you set the intention to explore self-discovery?

## Identify

Are you aware of what triggers you and why? Start to list out possible triggers and how you respond or react to those triggers.

## Examine

Explore and take inventory of your values, desires, purpose, hobbies, interests.

## Reflect

What was your childhood like? Who ran your household? What were your beliefs? Describe it. How different are you from your childhood? What patterns have changed? What has stayed the same?

## FB GROUP

Share your practice!

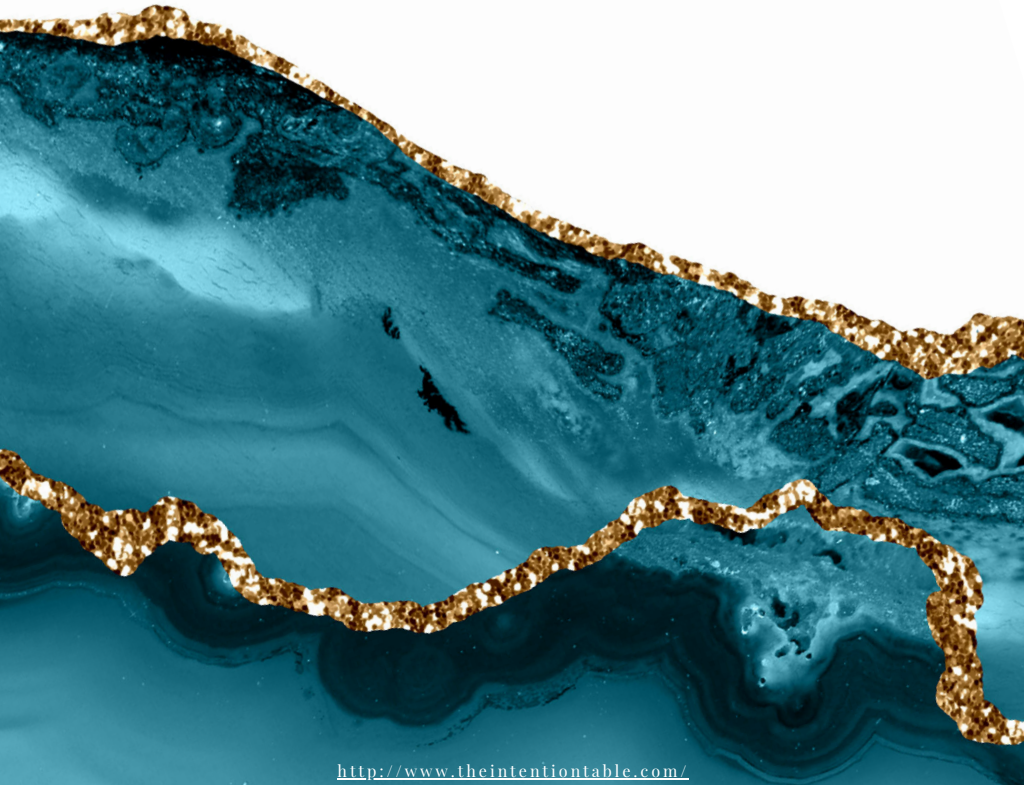


# Service



"Service is a limitless opportunity,  
it is the reason why we breathe."

- Michelle Obama



<http://www.theintentiontable.com/>



# SERVICE

Immerse yourself creating a service heart.

- Explore doing things with compassion and love.
- Understand it as both an action and an attitude.
- Acknowledge that being of service can come in all sizes.
- Explore how you like to help.
- Notice if you have an expectation or desire for reciprocation.

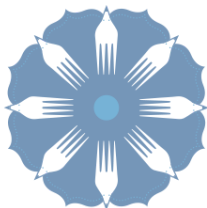


- Question if you are aligned with your values and ability.
- Do it because it matters to YOU and not what others think.
- Be clear of your intention if you choose to serve.
- Utilize your gifts, talents, skills to make a difference.

”

*COMPASSION IN  
ACTION*

“



# PRACTICE

## Explore

How will you set the intention to be of service?

## Identify

What are the ways you like to be of service? Explore and describe the actions big or small that are related to your interests and skills.

## Examine

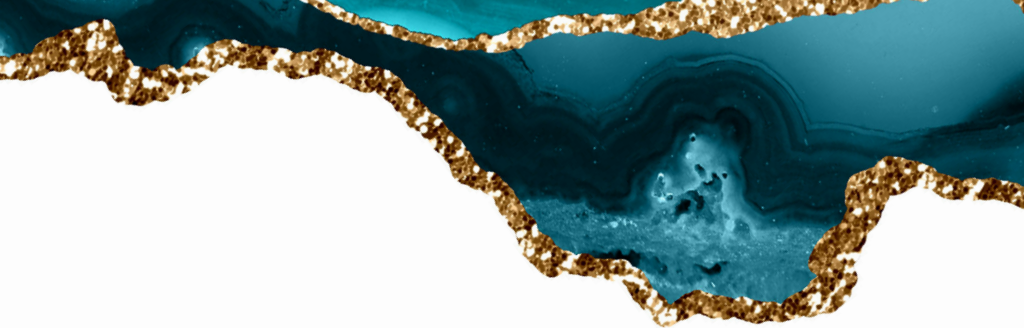
How do you currently give back and who are the beneficiaries of your actions?

## Reflect

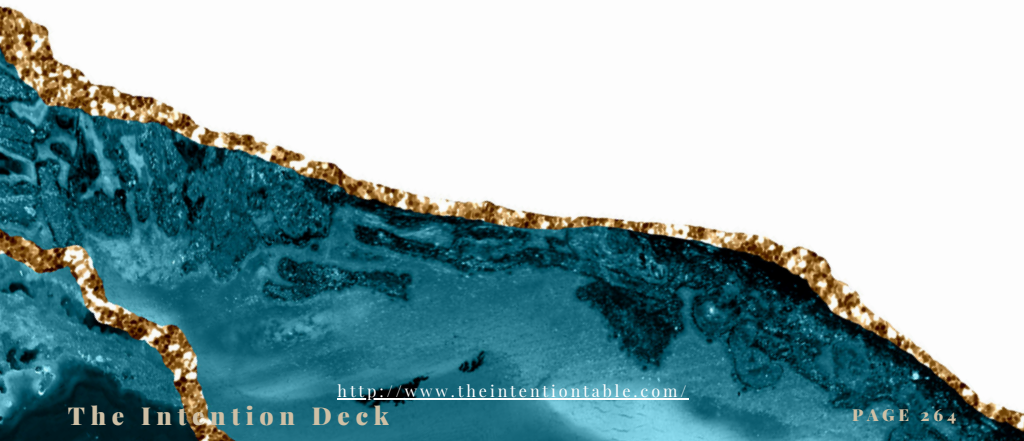
Think about places you have volunteered for. What was your intention and reason for doing so. Did you ever have a feeling of expectation in exchange for your help?

FB GROUP

Share your practice!



# Spirituality

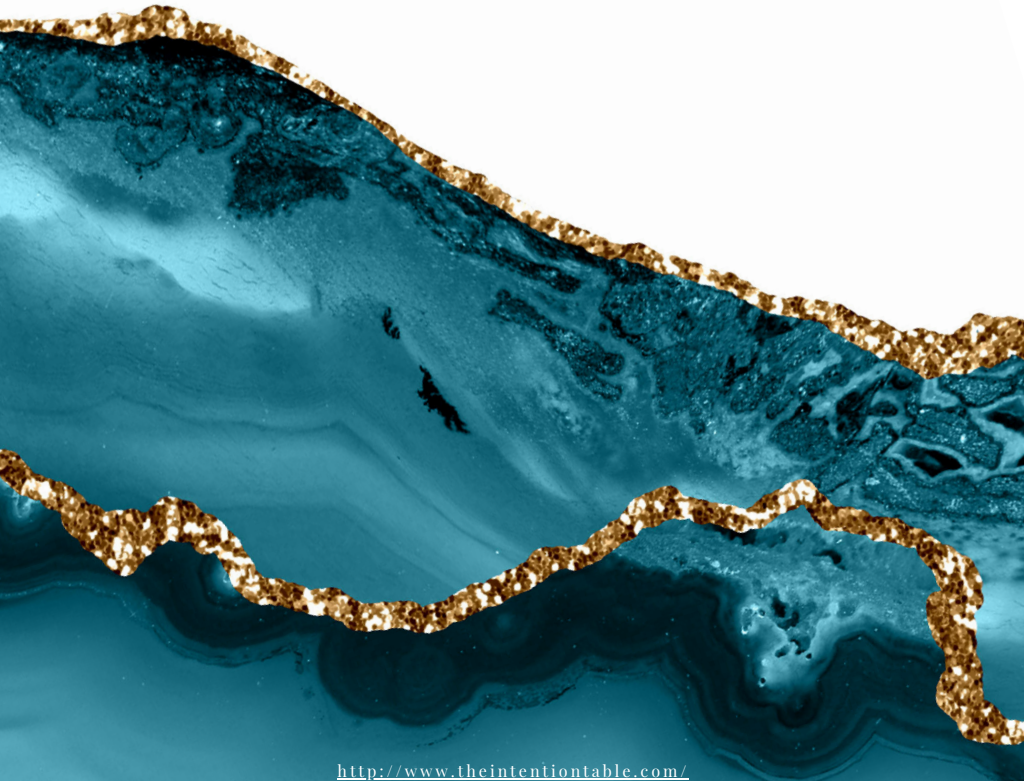






"The two hardest tests on the spiritual road are the patience to wait for the right moment and the courage not to be disappointed with what we encounter."

-Paul Coelho



# SPIRITUALITY

Immerse yourself exploring your spirituality.

- Create space to learn and explore ideas to see if they fit for you.
- Practice takeaways and begin to embody what you learn.
- Explore meditation as it's a pathway to connect to something bigger than you.
- Connect to a community of likeminded individuals to create positive energy.
- Be willing to commit so you can go deeper.



- Acknowledge that in essence you are a spiritual being.
- Explore your own personal evolution and journey with grace for what you unravel.
- Approach your practice as an offering. Stay playful and curious.

”

*WE ARE SOULS  
HAVING A  
HUMAN  
EXPERIENCE.*

“



# PRACTICE

## Explore

How will you set the intention to explore spirituality?

## Identify

What are your spiritual goals and what practices do you have set in place to help you get there?

## Examine

Have you ever been in nature and had time and space stand still? Were you a part of the scene, away from it, immersed in it? Were you separate from the scene or one with it?

## Reflect

What is spirituality to you and if you practice what does it look like?

FB GROUP

Share your practice!





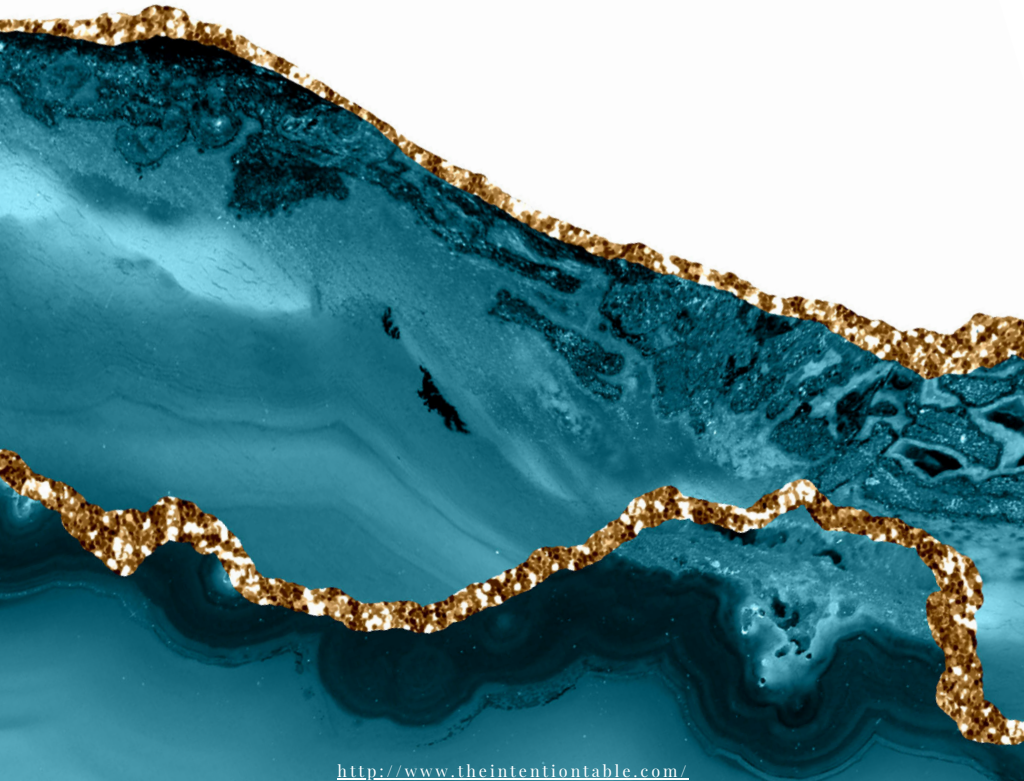
# Stillness

<http://www.theintentiontable.com/>



"In the midst of movement and  
chaos, keep stillness inside of  
you."

-Deepak Chopra



# STILLNESS

Immerse yourself in practicing being in stillness.

- Find a favorite spot outside or in your home to reflect or observe.
- Explore your senses to take notice of what you see, smell, hear, feel and taste as you sit or lay down.
- Focus on what is important to you and steer clear of harmful self talk.
- Weed through your beliefs, habits, and patterns of behavior to see if those are the values you want to hold.



- Practice gratitude, there is always something to be grateful for.
- Allow your body to rest and your mind and heart, too.
- Explore hobbies that recharge you. But be okay with less activity.
- Connect with nature and explore its beauty.
- Learn to sit and do nothing.
- Examine breathing techniques that slow you down.

”

*BE STILL.*

“





# PRACTICE

## Explore

How will you set the intention to allow for stillness in your life?

## Identify

What benefits would more stillness in your life bring?

## Examine

Is stillness something you welcome in your life? If yes, how. If no, why?

## Reflect

Find a place outside or inside to sit. Notice 5 things you see, 4 things you hear, 3 things you can touch, 2 you can smell. Take your time identifying and describing them.

FB GROUP

Share your practice!



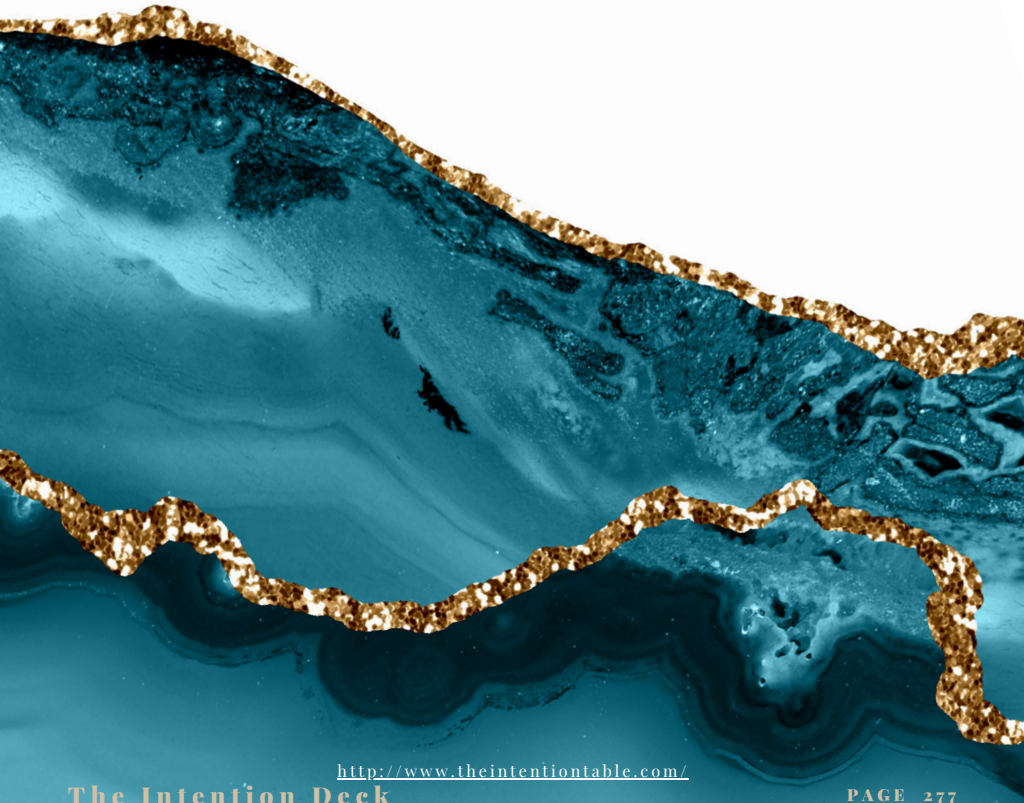
# Surrender

<http://www.theintentiontable.com/>



"Stand in the light of your greater becoming. Surrender to the flow of life wishing to move through you. Allow God to breathe into you His plans for a better world."

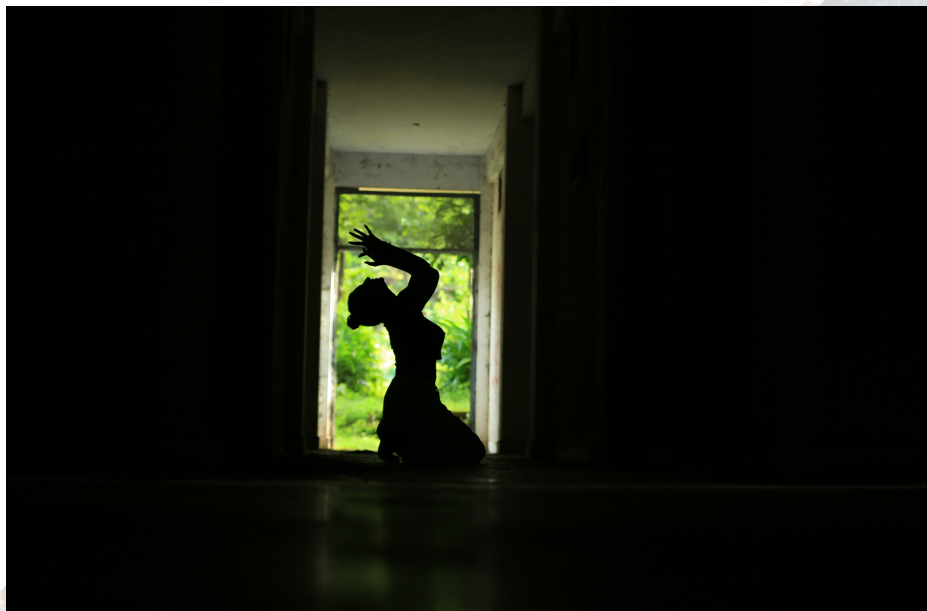
-Marianne Williamson



# SURRENDER

Immerse yourself in exploring an intentional surrender.

- Explore if your plans are expectations or in alignment with your essence.
- Raise the white flag in your own life and observe where you have been pushing or pulling.
- Commit to something fully so it becomes a part of your makeup.
- Open yourself up to words such as "I need help." and "please forgive me."



- Accept people for WHO and WHERE they are.
- Meet your present with a non-judgemental lens.
- Explore what you are holding on to and see if now is the time to let it go.
- Allow you to stop thinking, planning, and plotting.
- Builds trust that at this moment things are as they should be.



”

*WHAT IS.*

“



# PRACTICE

## Explore

How will you set the intention to intentionally surrender?

## Identify

Are their things you could surrender to? Being lost or found, love or loss, grief or joy, work or play, chaos or loneliness, pleasure or pain, etc.

## Examine

Have you ever come to the conclusion that a past experience in your life was exactly the way it needed to be. What did it feel like to come to that conclusion?

## Reflect

Are there any places in your life that you could raise the white flag on? What would doing so bring you?

FB GROUP

Share your practice!

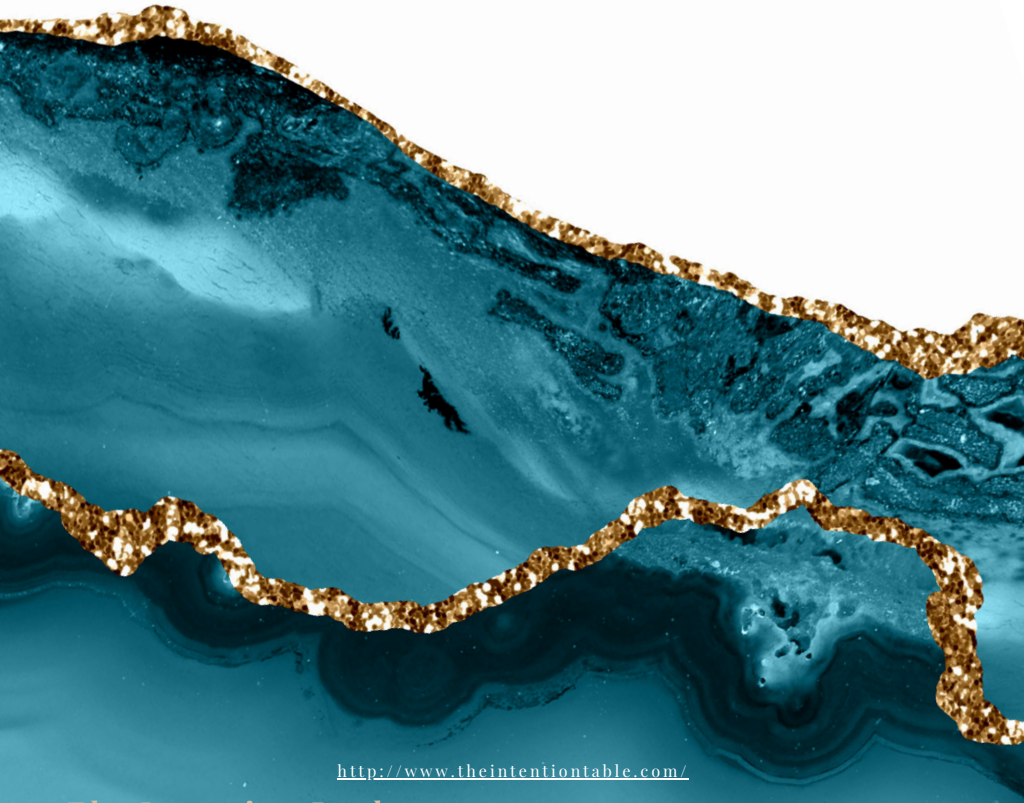


# Think



"You can change your brain just  
by thinking differently."

-Dr. Joe Dispenza



<http://www.theintentiontable.com/>

# THINK

Immerse yourself in using your mind to think.

- Challenge destructive or unproductive thoughts by reframing them.
- Explore motives and biases that may be present in your actions or decisions.
- Step back from your personal pride or need to be right.
- Know that your mind can play tricks on you and prove yourself wrong.
- Ask questions including from sources.





- Allow yourself to not know the answer and take time to explore.
- Talk back to a negative inner voice with affirmations or pre-made positive sentences. Identify negative voices to let go of.
- Practice taking the oppositional view to see if you have any blindspots.

”

*THINK HIGHER.*

“



# PRACTICE

## Explore

How will you set the intention to critically think?

## Identify

Map out where your decisions come from.

Understand if you have any motives or biases linked to them.

## Examine

How do you question where information comes from before making it true for yourself?

## Reflect

The next time you come up with a solution to a challenge practice taking the oppositional side to see you have any blindspots.

FB GROUP

Share your practice!

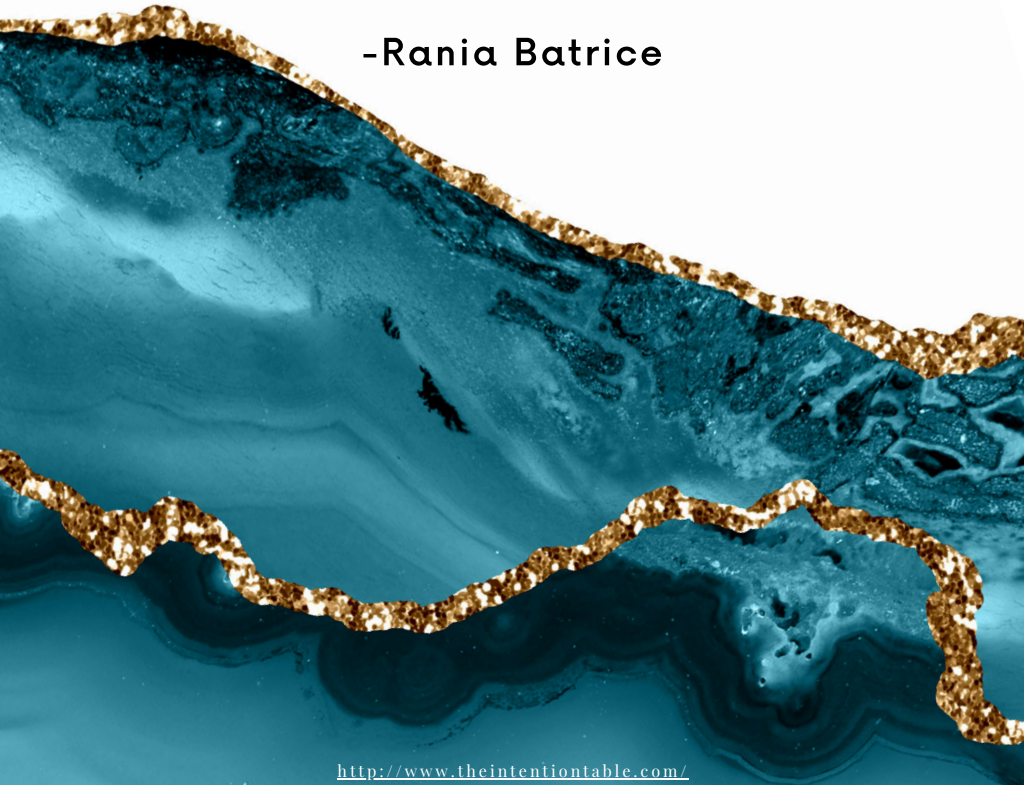


# Trust



"Every one of us has a little voice inside us, a wise voice, that we often spend a lifetime diminishing and silencing. The truth is, this voice knows us best. This voice is the deepest part of our intuition. It is there to love us when we can't or won't love ourselves. Trusting it means trusting your wise teacher within."

-Rania Batrice





# TRUST

Immerse yourself the generating trust.

- Notice when you are being inauthentic to yourself.
- Acknowledge your strengths and build upon them.
- Explore your options and know you have a choice.
- Treat yourself with love and kindness.
- Set attainable goals that are able to be worked on.

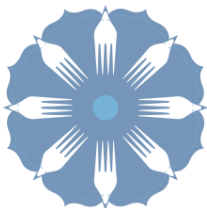


- Take time to be still so you can listen to your wisdom within.
- Allow yourself to explore all the emotions that range in human nature.
- Realize that failures are an alarm bell that show us what may need to be changed.
- Forgive yourself for choices you did or did not make.
- Start to make and keep promises to yourself that are aligned with your values.

”

*TRUST MYSELF.*

“



# PRACTICE

## Explore

How will you set the intention to generate more self trust?

## Identify

List what qualities are linked to trust. Do you embody them?

## Examine

Are you decisive with decisions and do you take action right away or do you weigh your options?  
What is the outcome of how you make decisions?

## Reflect

What helps you generate trust in yourself as well as others?

FB GROUP

Share your practice!



# Truth

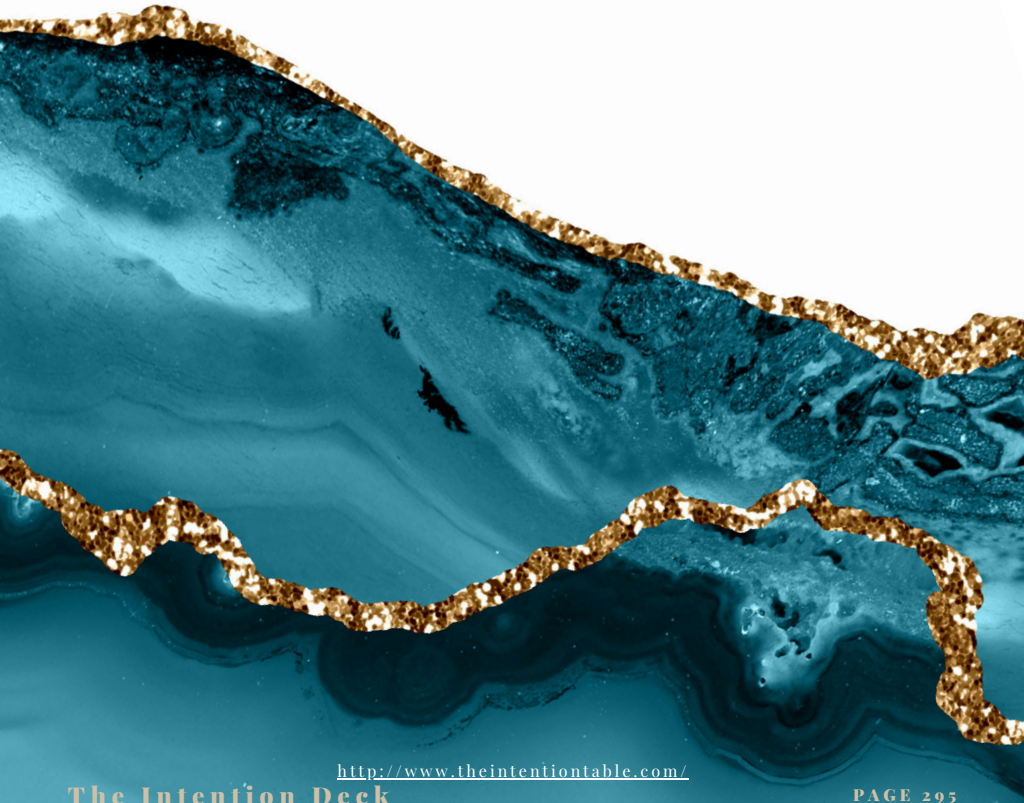
<http://www.theintentiontable.com/>





"Starve the stories that you have  
been fed or feed yourself.  
Instead, nourish yourself with  
truth."

-Priya Patel



# TRUTH

Immerse yourself creating consistency in your actions.

- Notice if you are being unauthentic with yourself.
- Catch yourself when you tell pointless white lies.
- Take responsibility for your mistakes.
- Be tactful when confronting someone. Being honest doesn't give you license to be rude.
- Dive into who you are.



- Let habits, patterns, and beliefs not aligned with you unravel.
- Acknowledge your life experiences and the impact of those experiences.
- When you lead with truth it builds integrity. Inspires others to live that way too.
- Un-layering yourself brings you closer to your inner you.

”

*TRUTH SETS ME  
FREE.*

“



# PRACTICE

## Explore

How will you set the intention to practice truth?

## Identify

Call yourself out on any white lies that make its way into your day. Write them down and explore if they need to be there.

## Examine

Have you ever held onto something that wasn't allowing you to be honest with yourself and others? What was it and how did the weight of it feel? How did it feel to share about it?

## Reflect

Have you acknowledged experiences in your life that may have impacted you mentally and physically? What did you let the truth unravel?

FB GROUP

Share your practice!





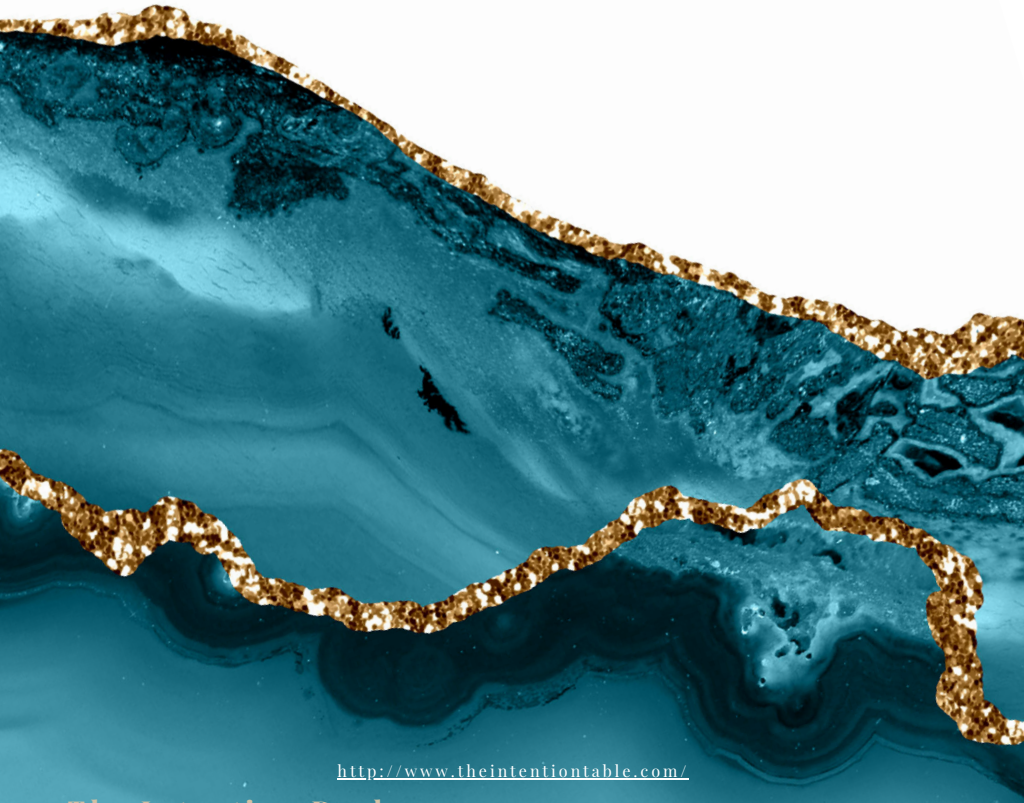
# Vision

<http://www.theintentiontable.com/>



"Vision is where dreams,  
ambition, and instincts meet to  
present the seed of magical  
manifestation. Embrace this  
intersection and let it flourish."

-Vipin Nambiar



# VISION

Immerse yourself in exploring your vision.

- Verbalize and communicate your thoughts so that you can begin integration.
- Be open to your vision evolving and shapeshifting.
- Remember your "why".
- Be open to the reflection that comes with the journey.
- Allow yourself to explore your dreams.



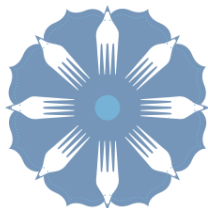
- Get clear on what you want vs NOT want.
- Give yourself permission to discover.
- Step out of what is expected.
- Be open to new ways of doing things.

”

*SEEING WHAT IS  
INVISIBLE TO  
OTHERS.*

“





# PRACTICE

## Explore

How will you set the intention to cultivate a vision?

## Identify

Pick an area in your life and create a vision board surrounding that topic. Maybe it's more than one area.

## Examine

When was the last time you opened yourself up to your dreams and desires? Explore where you see yourself in 5 years. What kind of people are in your life? How do you feel?

## Reflect

Describe a time in your life where you watched an idea come to life. Perhaps it was yours or someone you know. Did it stay the same or evolve?

FB GROUP

Share your practice!



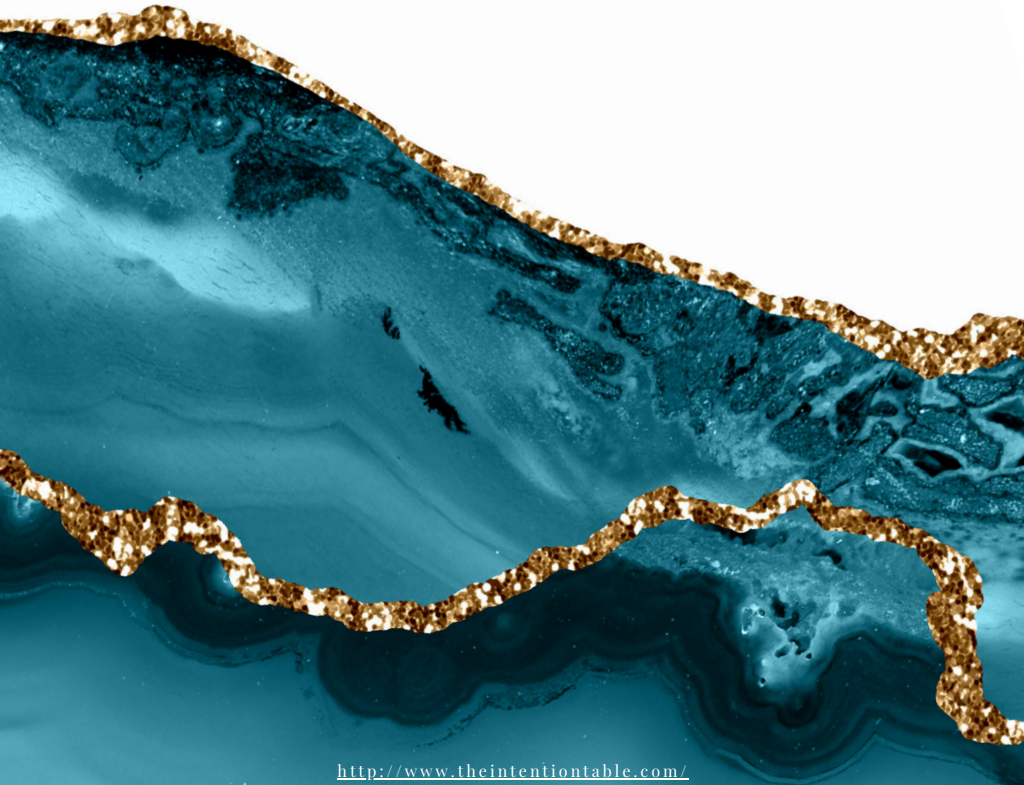
# Well-Being

<http://www.theintentiontable.com/>



"My well-being and my happiness  
is much more important to me  
than how much I can achieve."

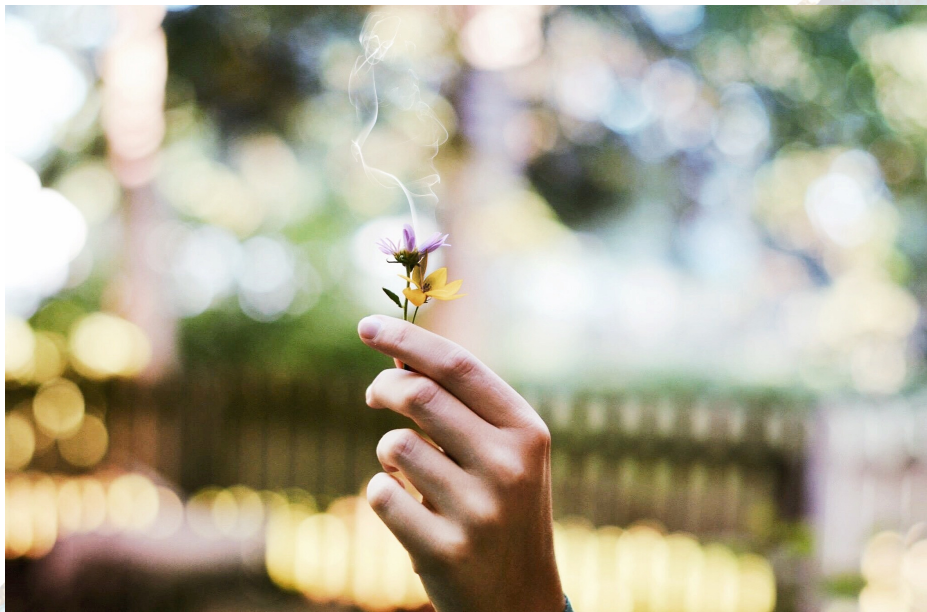
-Gabby Bernstein



# WELL-BEING

Immerse yourself in exploring your well-being.

- Be open to experiencing your emotions and using them to navigate choices.
- Determine your personal values
- Find ways to grow that may push you past your comfort zone.
- Explore who supports you and that you feel safe with.
- Notice if you hyper focus on the future and stay present to now.



- Carve out time for appropriate rest, movement, and nourishing meals.
- Connect with your loved ones, friends and family.
- Find inspiration in books, music, podcasts, and nature.



”

*HARMONY WITH  
MIND-BODY-  
SOUL.*

“



# PRACTICE

## Explore

How will you set the intention to explore your overall well-being.

## Identify

Take stock of your spiritual, mental, physical, and emotional wellbeing. Which cups are full and which cups could be more full. Are there any changes that can be made to explore balancing your cups?

## Examine

What nourishes your mind, body, and soul? How do you explore those weekly?

## Reflect

How open are you to experiencing your emotions? Are there any emotions that you avoid exploring that makes you feel choice-less.

FB GROUP

Share your practice!



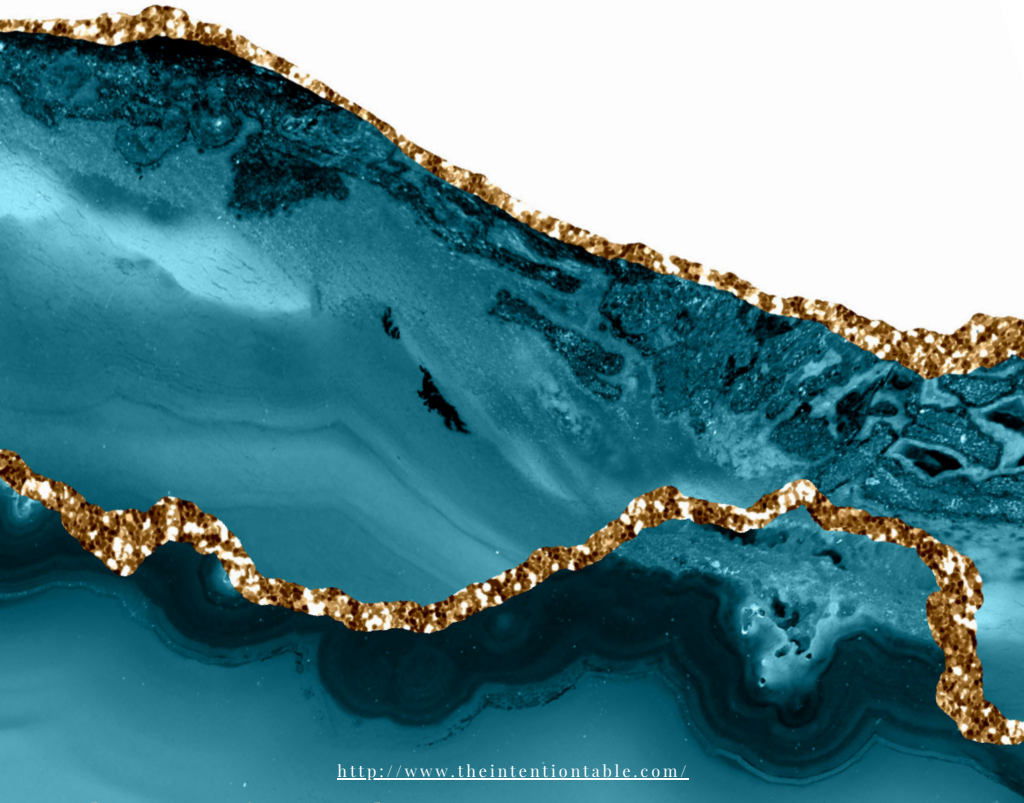
# Worthy

<http://www.theintentiontable.com/>



"Worthiness is your birthright. It exists independent of what you do, how much you accomplish, how you look and who approves. The audacity of your beating heart qualifies you. Full Stop."

-Gina Hatzis



# WORTHY

Immerse yourself in acknowledging you are worthy.

- Notice how the voice in your head speaks to itself.
- Swap negative self-thoughts for productive and positive ones.
- Ditch comparing yourself to others.
- Embrace what makes you unique including strengths and imperfections.
- Limit external validation as a way to experience fulfilment.





- Set routines that nurture your essence and being.
- Find peace with where you are at this moment in time.
- Accept yourself as a complete human being as you are.

”

*THE BEATING OF  
HEART ALONE  
MAKES ME  
WORTHY.*

“



# PRACTICE

## Explore

List how you will set the intention to acknowledge you are worthy.

## Identify

How kind or unkind is your inner voice / critic?

What are some of the things it say? What tone does it use?

## Examine

What inner qualities do you possess that show you, you are worthy?

## Reflect

Have you or do you ever attached your worth to people, experiences, labels, or things? What does this bring you?

FB GROUP

Share your practice!



The  
Intention Deck

## *A brief closing*

Acknowledge yourself for showing up with your deck and overcoming any obstacle that may have gotten in the way of your personal practice. I hope this guidebook served you. I combined a variety of spiritual and self reflection teachings I have collected along my journey to create the practices and tips found here.

Many of the inspirational quotes sprinkled throughout the book were from friends I have made along the way who I believe show up powerfully in the world. Look them up and I know you will find them to be inspirational too. The light, love, and student in me honors the light, love and teacher in you...

*SINCERELY,*  
*Priya*