



2022

Embrace the calm



Intention
Setting Guide
For The
Holidays

www.kellietimmins.com

What's in your workbook?

1. **Intentions** vs affirmations.
2. Intention setting **worksheet**.
3. **Quotes** to remind you how awesome you are and to help keep you motivated, (because you probably know how much I love quotes).
4. Healthy Habits **Checklist** (just for ideas to keep your body and mind healthy).

When you set an intention the universe conspires to give you the inspiration to make it happen. ~Trish McKinnley

Embrace the calm and let go of everything else that really isn't serving us as we move into the last part of December.

This exercise is simple, to the point, and encourages us to set up each day with a purpose and intention.

One thing to note, setting an intention is different than writing and reading affirmations.

Intentions vs affirmations

Intention is a mental state that represents a commitment to carrying out an action, or actions, in the future. Whereas, an **affirmation** is a declaration that something is true, something you say to yourself to **reprogramme the mind**

Let's set an intention that will guide you through the rest of the month with peace and joy.

Examples of intentions that may be extremely helpful when things are getting overwhelming:

"Go with the flow"

"Be positive"

"Kindness first"

"Stress less, more presence"

"A gift consists not in what is done or given, but in the **intention** of the giver or doer."

-Roman statesman Lucius Annaeus Seneca

Let's get started

Choose one word that embodies how you want to **feel** the rest of this holiday season.

How do you want to show up each day?

How do you want others to feel around you?

If things don't work out perfectly, or you don't get everything done, what phrase will help ease your mind? (eg: everything always works out, let it go, go with the flow etc.).

Each morning, in your note book, journal or on your phone:

1. Write down your word.
2. Note your healthy habits/non-negotiables for that day that need to take place in order for your day to run smoothly.
3. Remind yourself to "go with the flow", and if some things do not get done or work out perfectly, that's ok.

And that's it!! 2.

And because I love quotes, here are some to keep you motivated and moving if you feel overwhelmed in the next few weeks!

You are strong & smart. You've got this.

Knowing that you will survive no matter what happens is a good place to focus when life overwhelms you.

When night falls, allow yourself to feel at peace. You did your very best all day, now you deserve to rest.

Remember: we don't control what happens, we control how we respond. -Ryan Holiday

Gain control over what you can, and try not to stress about what you can't.

Tomorrow is tomorrow, today is today, worry about one at a time.

Whenever possible, choose peace. Walk away from people and situations that frustrate you.

On the next page, I have shared my own "healthy habits" checklist. Some days, to be honest, I may only check a few things off this list, but even if it's only a couple things, they definitely help keep me on track mentally and physically.

Healthy Habits Checklist

Mind

- Morning gratitude (3 things)
- Brain dump, (things to do today)
- Check schedule (kids, appts, work)
- Set my intention
- Daily affirmation
- Breathe/Meditate
- Dinner plan (what's for supper tonight?)

Body

- LLV supplements
- Turmeric
- Probiotics
- Walk
- Gentle yoga/stretch to music
- Add oils to main room diffuser
- Morning oatmeal or smoothie
- Make the bed

When the days are full, and you can't do everything,
remember **"KISS"**

Keep It Simple Silly