



My Word 2019

sunit suchdev.

Welcome to your intention setting workshop!

Please print off these pages in preparation for our time together.

In this short workshop, we will be doing some intention and goal setting, and hopefully you will walk away feeling inspired to make 2019 your best year yet!

We will be putting some words and feelings around your purpose (ikigai), and finding your OOLA one! We will hone in on some of your key goals for yourself this coming year, and end off by helping you hone in on how you want to FEEL in 2019. All the exercises will help you find a “word of the year.” Something that will keep you on track to achieving your goals!

My word last year was “focus.” I actually didn’t make any resolutions last year, I kept my goals at the top of my mind and used the word to remind me that I had a plan to achieve them.

If you haven’t already, please join the High Vibe Life Podcast facebook group—we are a group of women who are wanting to live a more intentional, “high vibe” life. If you are participating in the online workshop, you will need to be part of this group to take part.

If you are participating in this workshop live, you will still love to be part of this group! We have some awesome stuff planned in the coming year!

We will start and end this workshop with a short meditation.

Bring your zen!

OOLA Goals



Family

Goal:

Steps:

Faith

Goal:

Steps:

Finances

Goal:

Steps:

Friends

Goal:

Steps:

Field

Goal:

Steps:

Fitness

Goal:

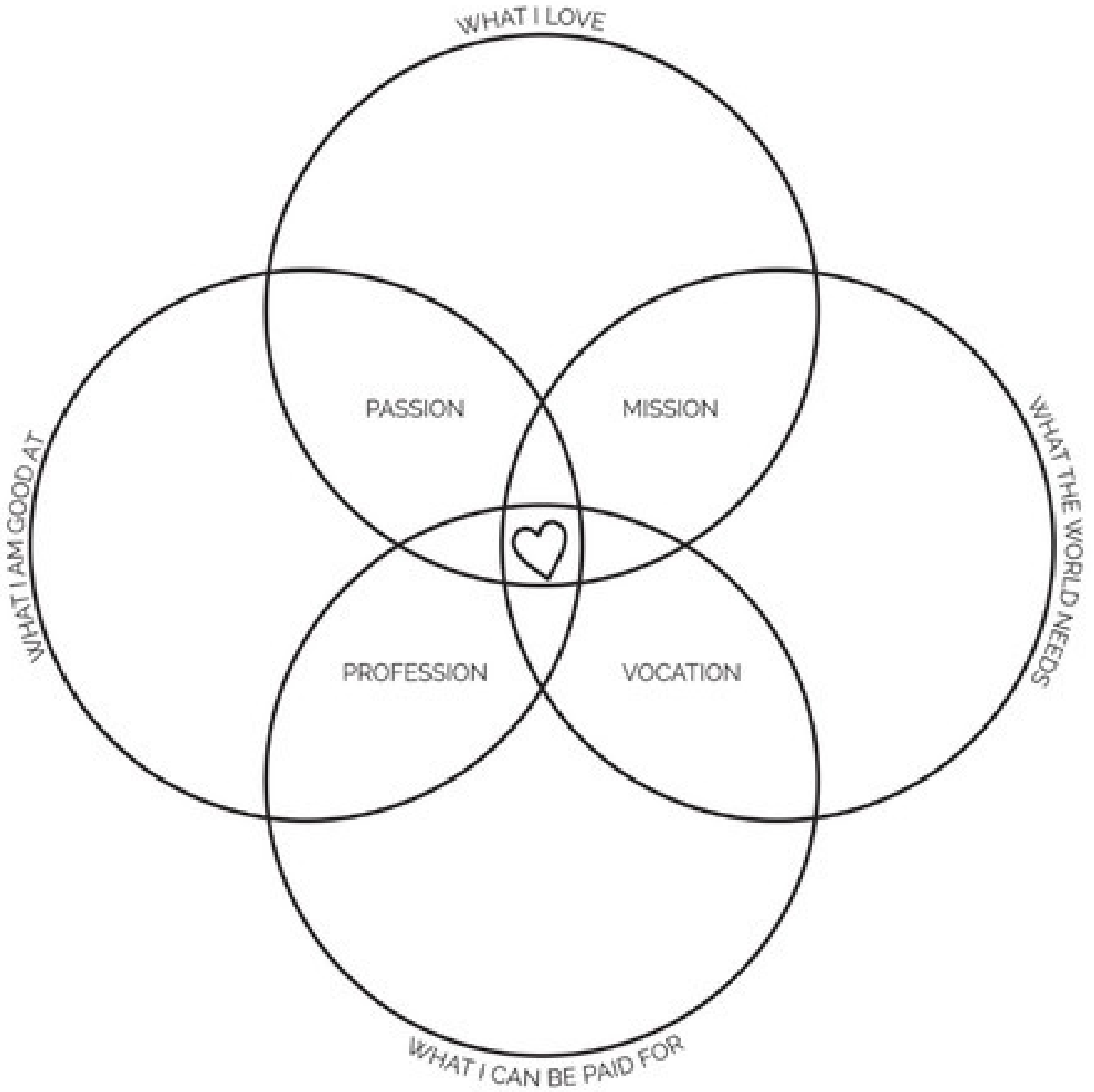
Steps:

Fun

Goal:

Steps:

My IKIGAI



My Word 2019

How I want
to feel

What are things
that will help
with this?

What are specific
actions I can take?

MIND

BODY

SOUL

Common Words

My Word:

My Mantra: