

*My will shall
shape my future...
only I hold the key
to my destiny.*

ELAINE MAXWELL

Choose your own word to focus on this week:

————— *A few words to consider:* —————

VALUE • GIFTS • PASSION
RECOGNITION • FRIENDSHIP

Why did you pick the word you chose? What are you hoping it brings to you?

How did focusing on this word change things for you this week?

Choosing words means choosing your intention.

Choosing the right words will guide you to the decisions you want to make—across all aspects of your life. Intentions don't have to be limited to one small single action, like "go to the gym more" or "increase my volunteer hours." Instead, if you shift these desires into a broader focus, such as "do things you're proud of" or "be fulfilled," you've provided yourself with a clear

pathway for how you want to live your life. As business coach and writer Marla Tabaka notes, "Setting and living your intentions allows you to focus on who you are in the moment, to recognize and live your values, and to raise your emotional energy, which in turn raises your physical energy." In short, setting intentions has the power to change your life!