



# INTENTION SETTING WORKSHEET

[WWW.WELLELEGANTWOMAN.COM](http://WWW.WELLELEGANTWOMAN.COM)



Have the last few months (or years) left you feeling 'off'? Are you struggling with low energy? Weight gain? Sleep disturbances? Maybe you're feeling anxious, a bit depressed, or just feel like you've lost your 'mojo'.

If you're nodding your head along with me, it's time for a new approach to your health and wellbeing. Midlife comes with its share of challenges and you need a wellness protocol designed with this in mind. You also need the strategies to truly take charge of your wellbeing and maintain a hormone healthy lifestyle that will have you feeling great for years to come.

This worksheet is all about becoming aware of your thoughts and your habits, so that you can manage them and set yourself up for success. By taking this time to reflect, you'll gain the clarity to set powerful intentions and commit to what matters most - your health and wellness. It's the foundation of everything and is shaping your future.

I firmly believe that true wellness is a mental AND physical thing, especially in midlife, when a woman's body goes through big changes. It can be hard to read the signals our body sends us and to know exactly how to support and balance our hormones. I know, firsthand, how frustrating and disheartening that can be, but I also know the power of this protocol. It transformed my health and my life. And it's done the same for so many of my clients.

This worksheet is designed to shine a light on your mindset and your routines, and to get you pumped up about the month ahead. It is NOT a place to judge yourself and beat yourself up. Nor do I want you to feel intimidated by the process. Move at your own pace and let it be fun and exciting. So....

SETTLE IN, GRAB A PEN AND YOUR JOURNAL, AND LET'S BEGIN  
THE JOURNEY TOWARD YOUR AMAZING TRANSFORMATION!



# I. EXPLORE YOUR BELIEFS:



- What do I believe about myself? Do I see myself as worthy, powerful, lovable, healthy, capable, intelligent, successful, loved, joyful, creative, generous, courageous, loving, humble, peaceful and/or powerful?

---

---

---

---



- What are my beliefs about aging? How did the women in my family age and in what ways do others influence my perceptions and beliefs?

---

---

---

---



- What are my beliefs about aging? How did the women in my family age and in what ways do others influence my perceptions and beliefs?

---

---

---

---



- What does “aging powerfully” mean to me? Are there women who are role models for me, when it comes to aging powerfully?

---

---

---

---

## II. DEFINE YOUR OUTCOME:



- What would make the biggest difference in my life right now? What would really set my heart ablaze?

---

---

---

---



- Who do I want to become over the next month? What kind of person do I want to evolve into?

---

---

---

---



- What are five things I want to accomplish over the next month?

---

---

---

---



# III. MAKE THE COMMITMENT



- What is my “WHY”? (List all of the reasons why this is so important to you.)

---

---

---



- Am I ready to pursue my own health and happiness? Who might I draw on for inspiration and motivation?

---

---

---



- What thoughts, feelings, attitudes, or beliefs do I hold that get in the way of creating what I truly desire and deserve?

---

---

---



- What will happen if I make (and keep) this commitment to myself?

---

---

---



- What will happen if I DON'T make (and keep) this commitment to myself?

---

---

---

## IV. ENVISION YOUR SUCCESS:



- Can I imagine feeling more confident in myself, knowing that I've taken good care of myself physically, mentally and emotionally?

---

---

---

---

---

---

---

- Can I imagine feeling more confident in myself, knowing that I've taken good care of myself physically, mentally and emotionally?

---

---

---

---

---

---

---





Now, I'm going to tell you the best news ever...That woman - your healthiest and most radiant self - is already within you, waiting to emerge. And over the next 30 days, you will discover her. Let's get started!

