

WORD OF INTENTION WORKSHEET

Follow the steps below to discover the best word of intention for you!

What is your heart longing for?
(Think hopes, wants, desires and dreams!)

In what areas of life
would you like to grow?

In 2023, I'd like to be able to
describe myself as:

Circle the words below that speak to you.

Grace	Hope	Authentic	Connect	Organize	Reset
Growth	Abundance	Calm	Empower	Risk	Progress
Intuition	Joy	Change	Listen	Simplicity	Intention
Freedom	Strength	Breathe	Mindful	Wholeness	Love
Clarity	Brave	Health	Hustle	Service	Motion
Balance	Purpose	Faith	Commitment	Rest	Grounded

What are your top
three words from the list
or your brainstorming?

My 2023 words of intention is: