2020
WHEEL of INTENTIONS

ALIGN + FOCUS on YOUR SOUL'S DESIRES

@ KIMOTHY. JOY

Dear Loved Ones,

This is a GIFT from me to YOU THAT is INTENDED to SUPPORT YOUR PERSONAL GROWTH and TRANSFORMATION this YEAR.

THIS WHEEL of INTENTIONS EXERCISE is DESIGNED to START WITH WHAT YOUR SOUL CRAVES, THEN IDENTIFY HOW YOU WANT to FEEL IN EVERY ASPECT of YOUR LIFE.

TAKE an HOUR or TWO TO GET QUIET, STILL, and FOCUS on MAKING YOUR DREAMS YOUR REALITY. DO this SOLO or HAVE AN * INTENTIONS GATHERING *!

MY HOPE is that A YEAR from NOW YOU WILL LOOK BACK and BE ASTONISHED AT WHAT YOU HAVE CREATED and BY HOW GOOD YOU FEEL.

LET'S DO THIS.

Love,
KIMOTHY

INSTRUCTIONS

① WHAT YOU NEED:

- ☑ DOWNLOAD and PRINT THE WHEEL OF INTENTIONS TEMPLATE AT KIMOTHYJOY.COM/SHOP
- ☑ PENS, PENCILS or FINE TIP MARKERS
- ☑ JOURNAL, NOTEBOOK or BLANK PAPER
- ☑ 1-2 HOURS of QUIET ALONE TIME (YOU CAN DO THIS IN MULTIPLE SESSIONS -TAKE YOUR TIME TO COMPLETE IT-)

② REFLECT ON EACH ASPECT of THE WHEEL.

- ANSWER THE QUESTIONS IN THIS WORKSHEET FOR EACH LIFE ASPECT

③ FILL IN THE WHEEL, SLICE BY SLICE.

- AS YOU RESPOND to EACH ASPECT, FILL IN YOUR MASTER WHEEL TO COMPLETE THAT SLICE of THE WHEEL.

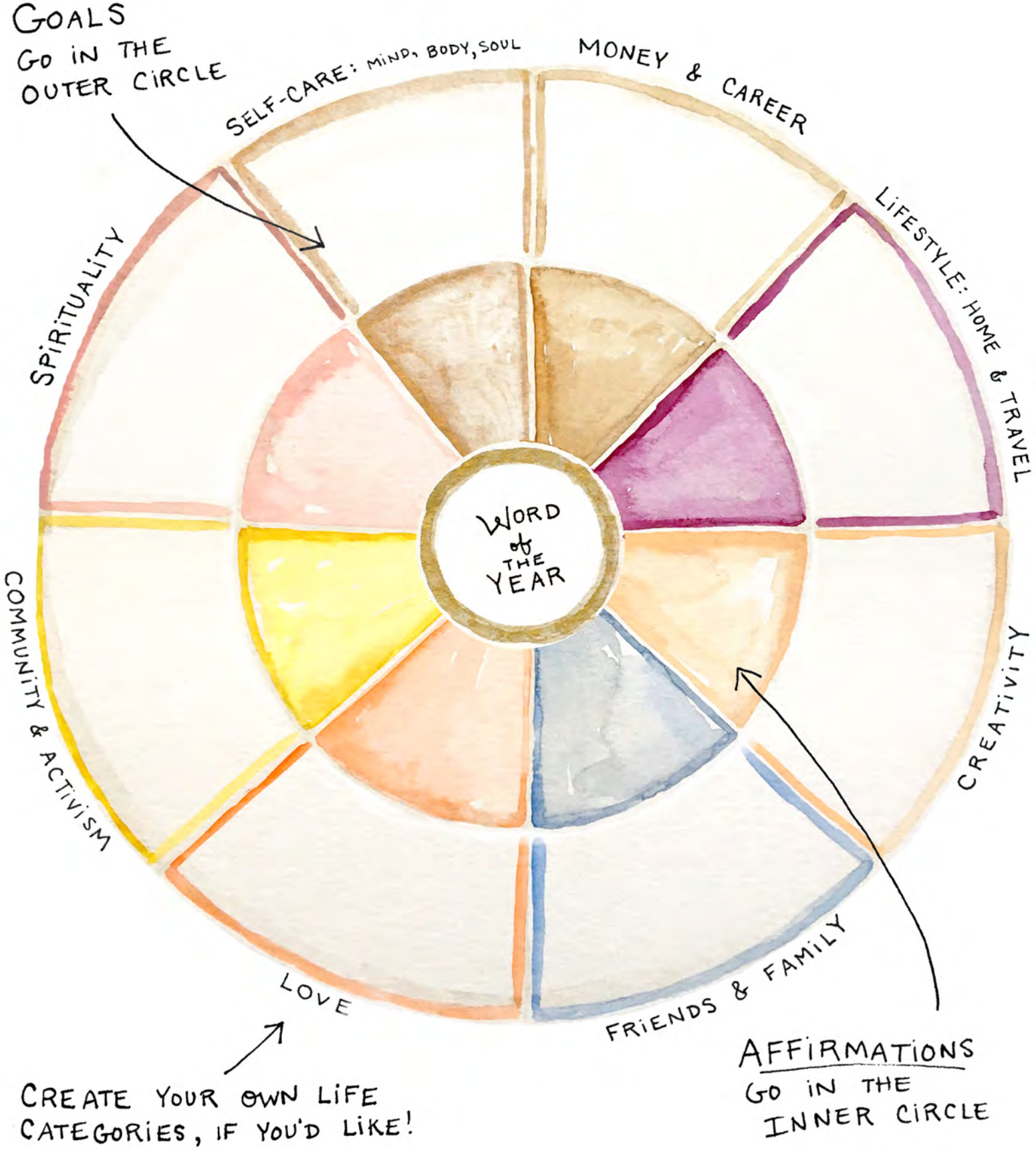
④ AFTER YOU'VE COMPLETED the WHOLE WHEEL, DETERMINE YOUR WORD of THE YEAR.

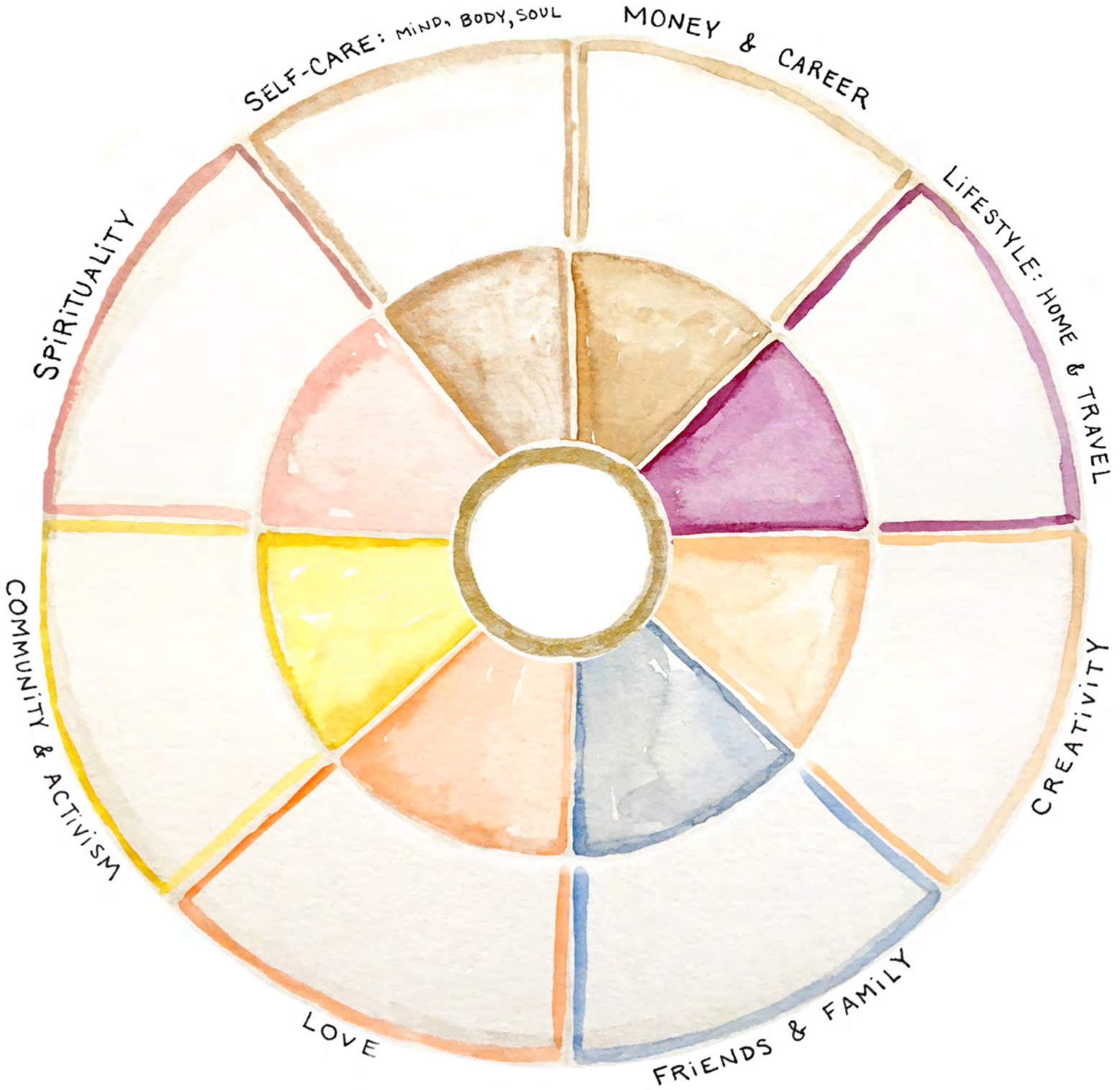
⑤ DISPLAY YOUR INTENTIONS WHEEL and/OR CHECK IN ON IT FREQUENTLY THROUGHOUT THE YEAR to REFOCUS and CALIBRATE!

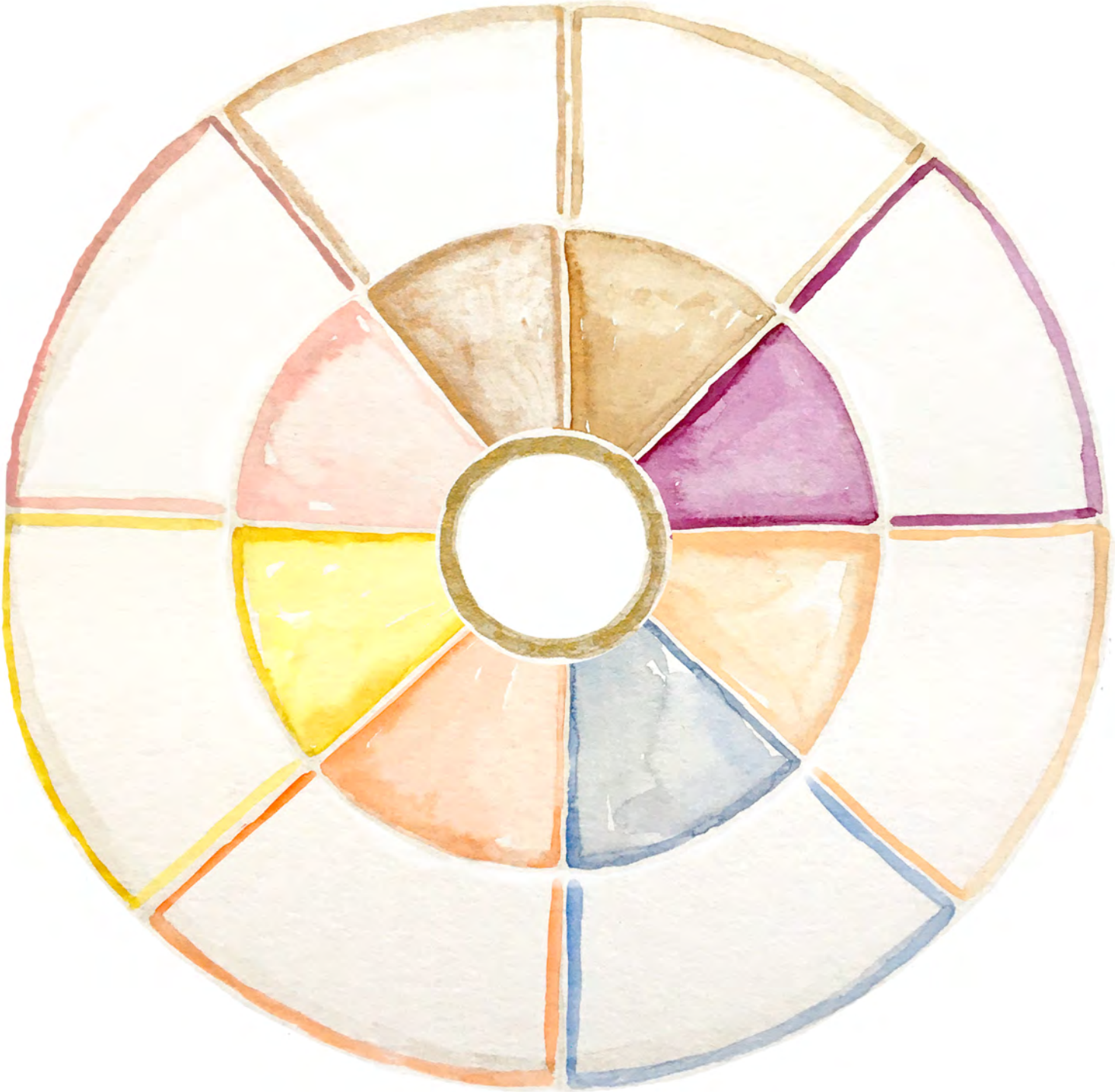
REMEMBER THAT THIS SHOULDN'T FEEL LIKE WORK. IF IT DOES, DON'T DO IT. IT SHOULD BE RELAXING, FUN and EXCITING!

EXAMPLE OF THE WHEEL

PRINT & FILL IN THE BLANK WHEEL ON THE NEXT PAGE!




SELF-CARE: MIND, BODY, SOUL
MONEY & CAREER
LIFESTYLE: HOME & TRAVEL
CREATIVITY
FRIENDS & FAMILY
LOVE
COMMUNITY & ACTIVISM
SPIRITUALITY



START HERE

USING A JOURNAL, BLANK PAPER, OR THESE PRINT OUTS - ANSWER THESE **5 QUESTIONS** FOR EACH ASPECT OF YOUR LIFE. FILL IN YOUR WHEEL AS YOU GO.

SELF-CARE: MIND BODY SOUL

1 WHAT IS CURRENTLY WORKING WELL IN THIS AREA OF YOUR LIFE?

MY EXAMPLE:

- flexible schedule / freedom!
- daycare for Luca!
- love our master bathroom
- cycle / bike weekly
- good coffee every morning
- good skin care routine
- podcasts / reading
- meditation practice

2 WHAT WOULD YOU LIKE MORE OF TO ENHANCE THIS ASPECT OF YOUR LIFE?

MY EXAMPLE:

- Daily walk with Charlie + Greg
- meditate after Luca goes to daycare and before emails/work
- Bike every morning
- Paint on monday mornings
- Draw daily intentions card

3 EGO CHECK:
WHAT'S YOUR REAL INTENTION FOR ASKING FOR THIS? WHAT'S YOUR WHY?

MY EXAMPLE:

MY INTENTION OR DESIRE IN THIS ASPECT OF MY LIFE IS...

I am CREATING DAILY RITUALS FOR MYSELF THAT KEEP ME NOURISHED, BALANCED AND WHOLE. ONLY THEN CAN I GIVE TO MY FAMILY AND OTHERS.

TO FEEL GOOD EVERY DAMN DAY!

4 NOW... DREAM BIGGER.
THIS is THE FUN PART! A YEAR FROM NOW, WHAT DO YOU WANT TO HAVE EXPERIENCED? WHAT WILL MAKE YOU THE HAPPIEST AND THE MOST PROUD?

TIP: DO NOT LET ANY DOUBT OR LOGICAL REASONING CREEP IN. DO NOT THINK ABOUT THE "HOW". FOCUS ON HOW GOOD THINGS CAN BE!

MY EXAMPLE:

I WILL BE THE HEALTHIEST THAT I'VE EVER BEEN IN MY LIFE.

HEALTHIER THAN YOUTH.

I WILL LOOK and FEEL HEALTHY, ENERGIZED and YOUTHFUL!

TAKE ADULT DANCE LESSONS!
MEDITATION WORKSHOP.

5 ONCE THIS ALL COMES TRUE FOR YOU AND BECOMES YOUR NEW REALITY... HOW WILL YOU FEEL?

MY EXAMPLE:

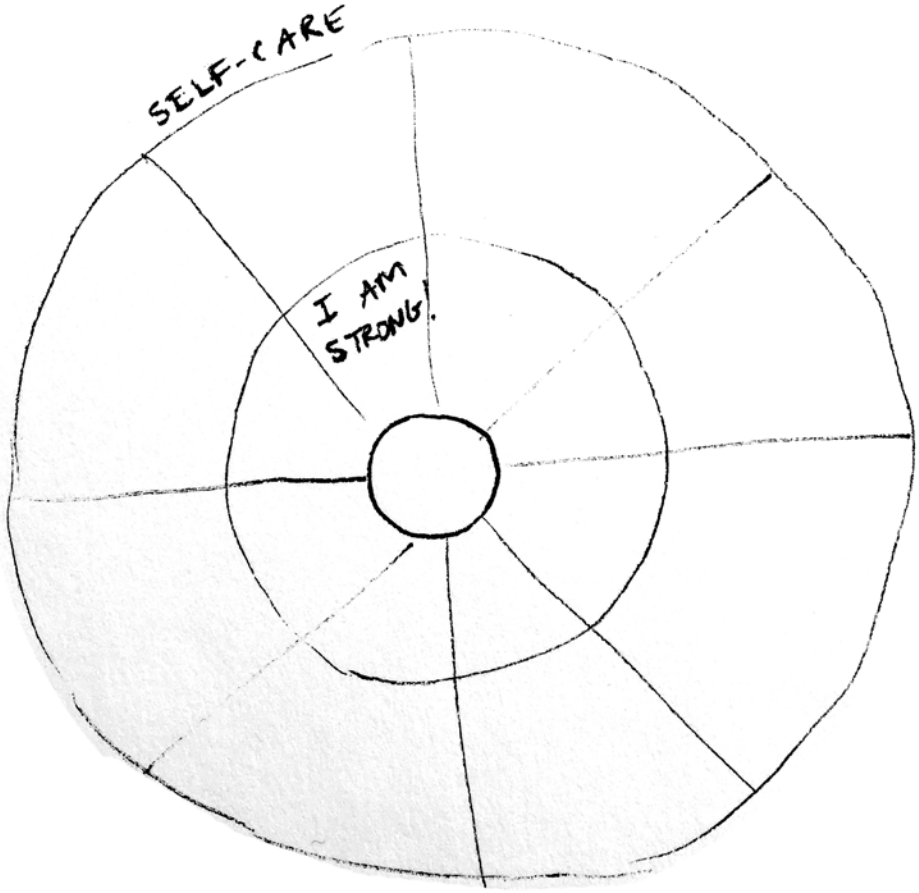
STRONG!
POWERFUL!
PROUD
ALIVE
INVIGORATING
FOCUSED

★ CIRCLE THE WORD THAT RESONATES THE MOST- ONE THAT CAPTURES HOW YOU WILL FEEL IN THIS AREA.

STRONG!

ADD THIS WORD TO THE INNER SLICE OF YOUR WHEEL WITHIN THAT CATEGORY.

IF YOU'D LIKE, TURN IT INTO AN "I AM" STATEMENT OR ANOTHER MANTRA THAT WILL KEEP YOU INSPIRED.



IDEAS for POSITIVE AFFIRMATIONS

"I AM" STATEMENTS:

- I AM WORTHY.
- I LOVE MY BODY.
- I Am CALM.
- I Am LIMITLESS.
- I AM JUST GETTING STARTED.
- I Am COMING ALIVE!
- I AM FOCUSED.
- I AM UNSTOPPABLE.
- I AM LOVE.
- I AM ACCEPTANCE.
- I AM NURTURED.
- I AM A GENIUS CREATOR.
- I Am A LIGHT.
- I Am ENOUGH.
- I Am WHOLE.
- I Am ADVENTURE.
- I Am FUN!
- I Am A WRITER.

OTHER STATEMENTS:

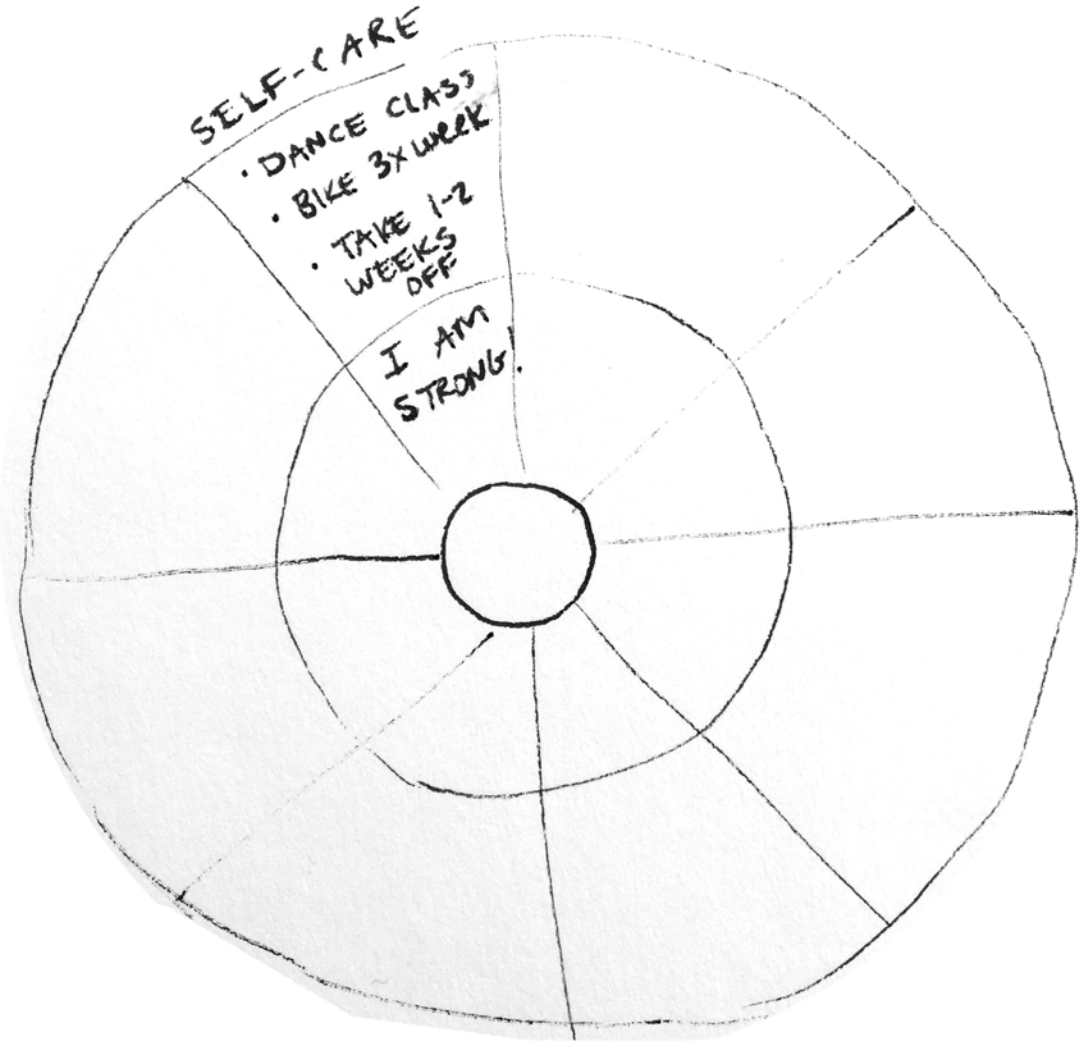
- EVERYONE is MY TEACHER.
- I HAVE THE POWER TO CREATE CHANGE.
- MONEY COMES EASILY.
- MY BODY is PERFECT.
- I HEAL THROUGH ART.
- BEAUTY SURROUNDS ME.
- ABUNDANCE is MY BIRTHRIGHT.
- I CHOOSE JOY.
- I CHOOSE ME.
- EVERYTHING is WORKING OUT FOR ME.

★ LASTLY, LOOK BACK AT WHAT YOU WROTE AND THINK OF THREE SPECIFIC ACTIONS OR THINGS YOU WANT TO HAPPEN THIS YEAR.

FILL IN THE OUTER SLICE OF THE WHEEL (WITHIN THIS CATEGORY) WITH THESE 3 GOALS.

MY EXAMPLE

- ADULT DANCE CLASS
- BIKE 3x WEEK
- TAKE 1-2 WEEKS OFF OF VACATION/ REST



REPEAT THESE SAME STEPS FOR EACH ASPECT of THE WHEEL. ANSWER QUESTIONS #1-5 AND FILL IN the SLICES.

SELF-CARE: MIND BODY SOUL

MONEY & CAREER

LIFESTYLE: HOME TRAVEL

CREATIVITY

FAMILY & FRIENDS

LOVE

COMMUNITY & ACTIVISM

SPIRITUALITY

WORD of THE YEAR

ONCE YOU'VE FILLED IN EVERY LIFE ASPECT IN YOUR WHEEL, IT'S TIME TO BRAINSTORM AND WRITE YOUR WORD OF THIS YEAR IN THE CENTER OF THE CIRCLE!

① MAKE A LIST OF WORDS THAT ENCOMPASS ALL OF YOUR INTENTIONS.

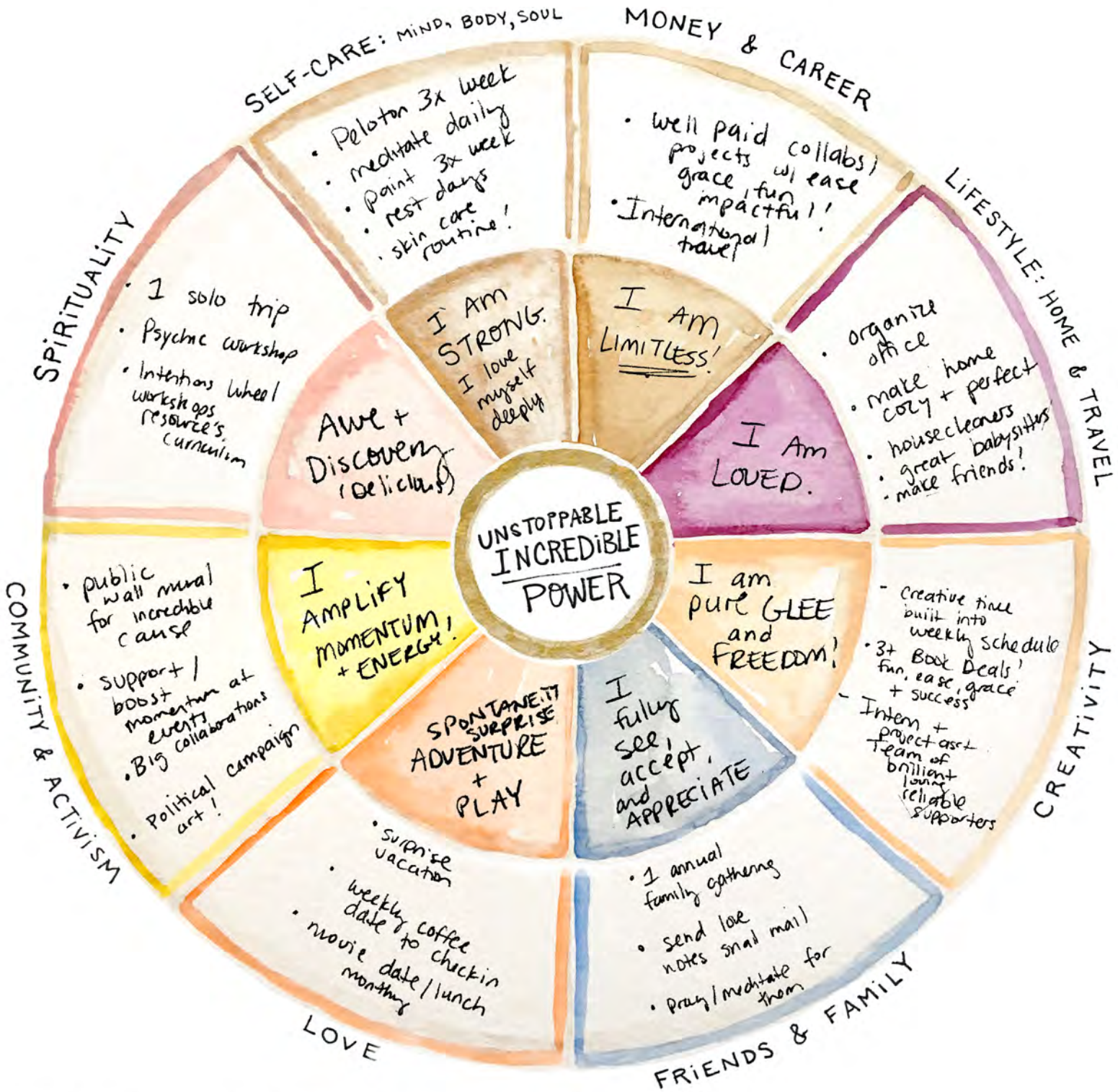
- WHAT EMOTIONAL WORDS HAVE YOU ALREADY USED THAT INSPIRE YOU THE MOST?
- WHAT IS YOUR ENTIRE BODY, MIND, SPIRIT, SOUL YEARNING FOR THIS YEAR?
- WHAT WORD WILL EMPOWER AND SUSTAIN YOU?
- IS THERE AN UNDERLYING COMMON THREAD?
- WHAT IS THE ONE MAIN DRIVING EMOTION?
- WHAT IS ONE WORD YOU CAN EMBRACE THROUGHOUT THE YEAR THAT CAN CHANGE YOUR LIFE IN A BIG WAY?

MY EXAMPLE:

- ALIVE!
- AWAKENED!
- UNSTOPPABLE
- POWERFUL
- FOCUSED
- CALM
- CATALYST
- LIGHT
- INCREDIBLE

★ ADD YOUR WORD (or PICK A FEW) TO THE CENTER OF YOUR WHEEL!

EXAMPLE of MY COMPLETED WHEEL:



* NOTE: THESE ARE JUST EXAMPLES. YOU CAN MODIFY ANY OF THIS TO MAKE IT YOUR OWN! AND IT WILL EVOLVE and CHANGE AS YOU EVOLVE and CHANGE THIS YEAR. CAPTURE WHAT INSPIRES YOU TODAY - IN THIS MOMENT.

THANK YOU!

SHARE YOUR PROGRESS and WHEELS ON SOCIAL MEDIA! INSPIRE OTHERS TO LIVE AN INTENTIONAL LIFE. #INTENTIONSWHEEL

- TAG ME @KIMOTHY.JOY
- HOW CAN I MAKE THIS BETTER? EMAIL ME AT INFO@KIMOTHYJOY.COM.

© 2020 KIMOTHY JOY

ALL RIGHTS RESERVED. NO PART OF THIS CONTENT MAY BE REPRODUCED OR MODIFIED IN ANY FORM, INCLUDING PHOTOCOPYING, RECORDING, OR BY ANY INFORMATION STORAGE and RETRIEVAL SYSTEM, WITHOUT PERMISSION IN WRITING FROM THE PUBLISHER.

@KIMOTHY.JOY KIMOTHYJOY.COM INFO@KIMOTHYJOY.COM