

2022 MINDFUL LIVING GOAL GUIDE

GET CLEAR. GET ALIGNED.
AND LIVE OUT YOUR BEST MINDFUL YEAR YET.



HEY, MINDFUL SOUL!

YOU DID IT, FRIEND! By taking inspired action and downloading this guide, you are on your way to NEVER setting more goals that will require hustling, grinding and forced effort to achieve them... EVER AGAIN. Instead, we are going to be Mindfully aligning with your abilities to experience massive success in the year ahead-- without any of the struggle!

When you approach your goals from an aligned and Mindful state of certainty, the Universe has absolutely no choice but to get behind you in the most magical ways.

This guide will allow you to create more clarity around your goals for the upcoming year by tuning into the reality of having already accomplished them.

GOAL #1

My intention for setting this goal is:



ACCOMPLISHING THIS GOAL WILL (INSERT ALL THE BENEFITS THIS GOAL WILL BRING TO YOUR LIFE):



The affirmation I will repeat daily to help me get to my goal more quickly is:



GOAL #2

My intention for setting this goal is:



ACCOMPLISHING THIS GOAL WILL (INSERT ALL THE BENEFITS THIS GOAL WILL BRING TO YOUR LIFE):

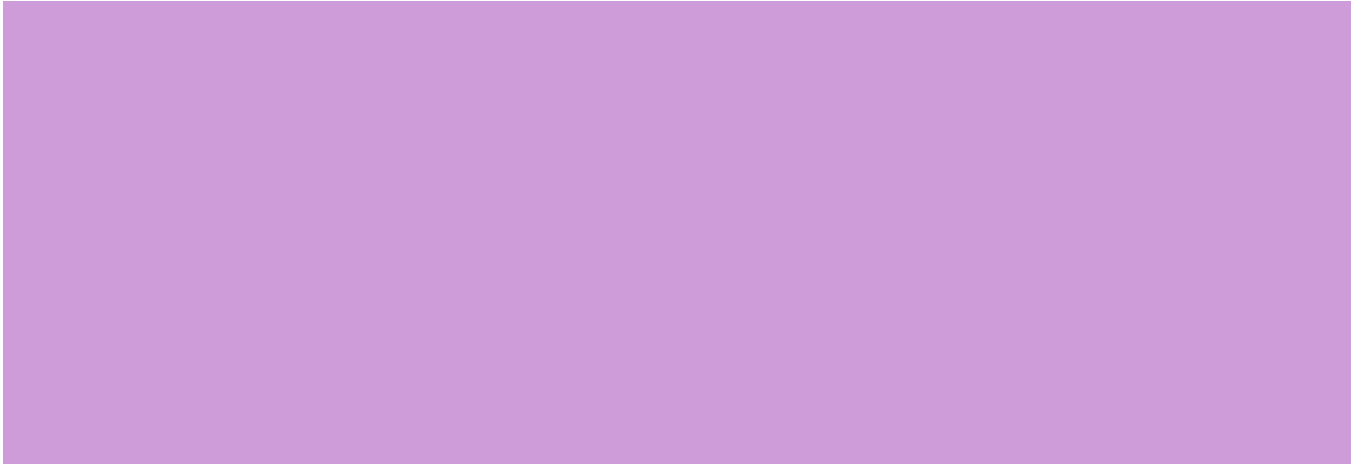


The affirmation I will repeat daily to help me get to my goal more quickly is:



GOAL #3

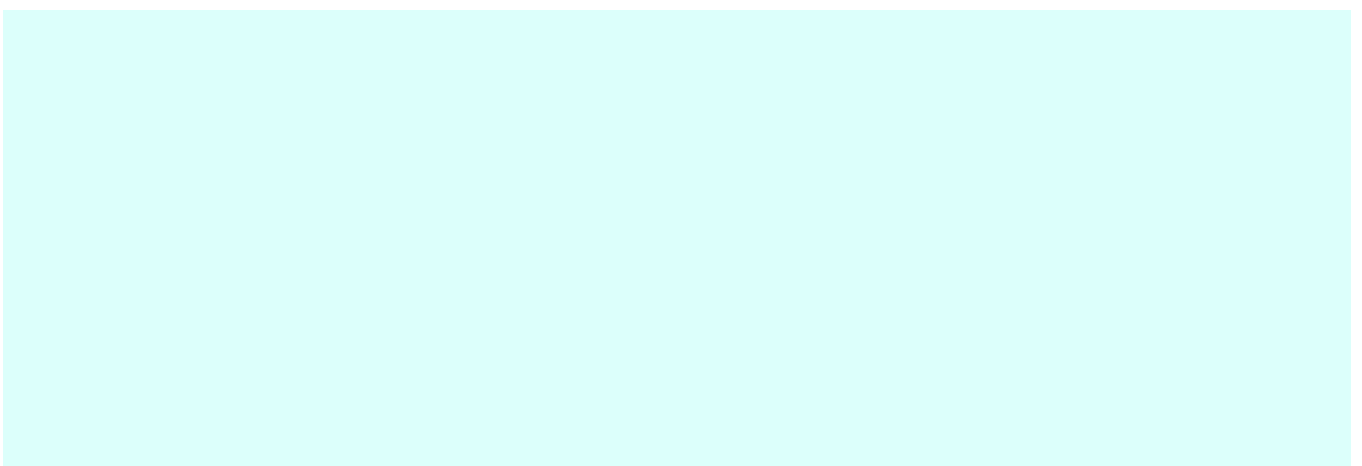
My intention for setting this goal is:



ACCOMPLISHING THIS GOAL WILL (INSERT ALL THE BENEFITS THIS GOAL WILL BRING TO YOUR LIFE):



The affirmation I will repeat daily to help me get to my goal more quickly is:

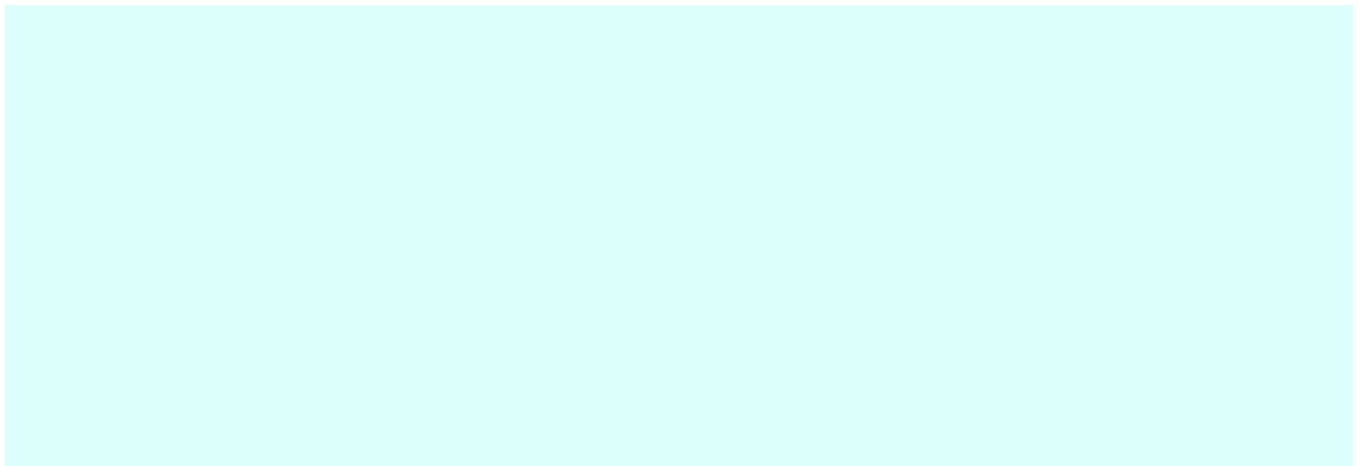


GOAL #4

My intention for setting this goal is:



ACCOMPLISHING THIS GOAL WILL (INSERT ALL THE BENEFITS THIS GOAL WILL BRING TO YOUR LIFE):



The affirmation I will repeat daily to help me get to my goal more quickly is:



GOAL #5

My intention for setting this goal is:



ACCOMPLISHING THIS GOAL WILL (INSERT ALL THE BENEFITS THIS GOAL WILL BRING TO YOUR LIFE):



The affirmation I will repeat daily to help me get to my goal more quickly is:





THAT'S IT!

You did it! You've just completed the process to create super aligned mindful goals for the new year & I am so proud of you! Now, place one hand over your heart, close your eyes and take a deep breath in and a deep breath out. Allow the magic to unfold as you move forward into the new year! And of course, don't forget to actually take the inspired action along the way.

Without action, dreams stay just that -- DREAMS.

Want to go deeper and spend 8 weeks with me Mindfully and Energetic Recharging your life so you can increase productivity and live a happy healthier life From the Inside Out Mind, Heart and Body?

My Epically Mindfully Aligned program is one of my signature ones, that has helped many of students live out a better and mindful life in less than 6 months.

Go here to add yourself to the waiting list before it sold out! First come first serve.