

Name Your Why

AN INTENTION SETTING RITUAL

You don't need to know where the journey will take you. You only need to know what you're willing to bring to the door.

1. Why am I here?

What is calling me toward this experience right now?

2. What am I carrying?

Is there an emotion, relationship, belief, question, or pattern taking up space in my life?

3. What am I ready to see differently?

Where might I be willing to change my perspective?

4. What am I ready to release?

What am I holding onto that may no longer be serving me?

5. What do I want to understand?

What question keeps returning to me?

6. What do I want to reconnect with?

Myself, my body, someone I love, creativity, nature, God/Source, purpose — or something else?

7. What am I grateful for right now?

Begin from what is already here.

8. If I could ask my higher self one question, what would it be?

MY INTENTION

If I could bring only one intention into this journey, it would be:

Hold it lightly. Your intention is a compass, not a contract. You are choosing where to begin — not deciding where you must arrive.

BEFORE I BEGIN, I GIVE MYSELF PERMISSION TO...

- Be curious
- Let go of expectations
- Feel what arises
- Ask for support
- Change my environment if I need to
- Not understand everything immediately
- Allow the experience to unfold

Today, I choose to enter with intention, curiosity, and an open mind.

Name: _____ Date: _____

My word for this journey: _____