

Living with Intention

a worksheet for creating conscious intention in relationship

Use this worksheet to begin to uncover any unconsciously held intentions and design your new intentions moving forward in your most cherished relationships.

What have been some of my “unintended intentions” in past relationships?

Some examples of unconscious or unintended intentions are those that are guided by what you thought others expected from you - from your nuclear family to larger cultural influences. What voices have you had running through your mind (up until now) that have lead you to engage in relationship in unintended (unloving, unsuccessful...) ways?

What are the intentions I now declare in my current and/or future relationships?

Reflect on the following to design your new intentions: What have you felt you’ve been missing? Look at what you have appreciated about past partners. Look at how your values have changed or solidified over time. What are you most passionate about in life? What do you want to give? What do you want to receive?

“Where
intention goes,
energy flows.”

-James Redfield