

GUIDING INTENTION

Worksheet



A guiding intention is like an internal compass, helping you navigate life with purpose and clarity. Unlike goals focused on what we accomplish, intentions center on how we move through the world. By pausing to connect with a quality you wish to embody—like courage, compassion, or ease—you create a touchstone that can guide your choices and help you return to what matters most, especially during challenging times. This simple practice can profoundly shift how you experience your daily life.

We recommend printing out this worksheet or accessing it digitally and then setting a meaningful container for your reflection process. This could look like finding a cozy/nourishing space, preparing a special coffee or tea, lighting your favorite candle or playing some soothing music, and immersing yourself in the questions. Approach this like a reflective meditation. Take your time, sit with the questions, and let insights arise naturally.

1 Pause and Connect

Pause. Close your eyes and take three slow, mindful breaths to settle into the present moment. Allow your body and mind to settle. Connect with your heartspace.

2 Reflect on Your Core Values

Review your top 3-5 core values from the [Core Values Worksheet](#).

Which value feels most alive for you right now? Why?

Which value feels like it could support you most in your life at this time?

3

Ask Yourself: What do I need in this season of life? What do I want to offer?

What quality would serve me most over the next month or season?

How do I want to feel as I navigate this chapter of my life?

What do I need more (or less) of to feel aligned and grounded?

What do I long for? *(Examples: Ease? Deeper connection? Clarity? Strength?)*

What do I want to cultivate or give? *(Examples: To move through the world with more patience; to be a source of steadiness for others; to offer more kindness inwardly.)*

As you reflect on these questions, notice what patterns or themes emerge that point you toward a guiding intention.

Intentions often emerge from specific life circumstances:

When life feels chaotic → "Steadiness" or "Groundedness"

During transitions → "Trust" or "Openness"

When feeling depleted → "Nourishment" or "Renewal"

When supporting others → "Presence" or "Compassion"

4 Choose A Guiding Intention

Based on your reflections above, explore if there is a single word or short phrase that captures the essence of how you want to show up in this season of life. Write it below.

My guiding intention is: _____

Short Phrase Examples:

- *"I trust the unfolding of my path and remain open to possibilities."*
- *"I relax and follow my joy."*
- *"I honor my needs with clarity and self-respect."*
- *"I approach each day with softness and flow."*

Word Examples:

- *"Trust + allow"*
- *"Relax + joy"*
- *"Boundaries"*
- *"Ease"*

5 Weave It Into Your Day

How can this guiding intention shape your day-to-day life? We recommend folding it into your TPM Morning Reflection practice.

What support might you need to stay connected to this intention? Are there ways you can creatively remind yourself of it?

Can you pair it with small, meaningful actions (like pausing before speaking or choosing rest when you feel tired)?

What would it look like to embody this intention in conversations, decisions, and moments of stress?

What obstacles might arise as you practice this intention, and how might you work with them?

Space for Final Thoughts

