

# Deep Intention Worksheet

STARTING INTENTION:

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WHY THIS INTENTION?

Why is it important to you? Why did you choose this intention?  
What's your motivation?

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IF THIS INTENTION IS MANIFESTED, WHAT HAPPENS THEN?

What is the next step towards your larger goal? What does life look like then? What change does it bring about in your life?

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DOES IT MATTER TO YOU HOW IT MANIFESTS?

Are you envisioning a certain chain of events? Do you care more about the end result or the process?

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NEW INTENTION:

Is there a larger intention that is more important? Should you focus more on what comes after this intention? Is there another perspective to include?

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