

Learn

# INTENTIONS

You can set an intention when you start something – whether it is the start of the day, a new year, a new project, a yoga practice, a meditation, a breathwork practice, or a relationship.

Intention is a way to ground yourself and focus yourself on something that is important to you. Choose one consciously or randomly.

Strength	Wisdom	Truth	Exploration	Inspiration
Acceptance	Commitment	Relaxation	Intention	Tenderness
Purpose	Depth	Creativity	Kindness	Surrender
Education	Discernment	Resilience	Patience	Freedom
Transformation	Expansiveness	Respect	Willingness	Presence
Authenticity	Presence	Abundance	Play	Delight
Light	Honesty	Risk	Humor	Grace
Integrity	Openness	Support	Understanding	Healing
Awakening	Compassion	Vision	Gratitude	Release
Celebration	Simplicity	Adventure	Purification	Faith
Harmony	Courage	Power	Beauty	Forgiveness
Spontaneity	Peace	Synthesis	Communication	Love

WISDOM  
IS FUN

with *Trina*

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