

## Week 5• Live with Intention

Create Your Own Mantras for your BIG-5-Areas of your life

Health & well-being	Love & Relationships	Money	Your Calling	Connection to Higher Power
I intend to _____	I intend to _____	I intend to _____	I intend to _____	I intend to _____
Love myself unconditionally	Set boundaries	Have a loving relationship with my money	Love myself unconditionally	Connect with myself
Be mindful of my eating habits	Communicate my needs openly	Have a loving conversation about money	Stay steady, calm, and focused	Open my mind and heart
Meditate for 10 minutes daily	Respond calmly	Enjoy the experiences money facilitates	Act with courage	Accept what I cannot change
Exercise 2, 3, 4 days	Deepen my relationship with _____, spouse, child, friend, siblings ...	Create more experiences with my money	Find Balance	Change what I can
Do yoga	Love despite challenges and disagreements	Expand my travel experience with money this year	... etc	Practice peace
Do daily 15 minute mind-body connection	Allow myself to be vulnerable	... etc		Love others
Learn to listen to my body	Give & receive love			...etc
Breathe in & out when stressed	...etc			
...etc				

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