

HERE'S TO YOU!

Get Clear
on your year

2021

Intention
SETTING



Muskoka Lakes Public Library
Questions/comments? csheriff@pplib.ca

CREATE A VISION FOR YOUR LIFE AND YEAR AHEAD!

Yes, 2020 was something else, but times certainly are changing and it can do us some good to reflect upon how we move forward from here. Setting intentions directs the mind and gives us purpose. When we lose sight of our purpose, a void is created and we can easily stray off our path. We're not talking about resolutions here, but rather reflection, which leads to clarity, to inspiration, which (hopefully) leads to action.



EXCERPT FROM GLENNON
DOYLE'S BOOK UNTAMED

An intention helps
to guide how we
show up and can
replace specific
resolutions.

values
focus
change
purpose
roadmap
inspiration
motivation

Then, when she was ready to move from Not this to This instead... She dared to call upon her imagination to tell her the story she was born to tell with her life. She dreamed up what it would look like to have her specific version of truth and beauty come to life. She looked for the blueprint she'd been born with, the one she'd forgotten existed. She unearthed her unseen order: her original plan. Then- and this is crucial- she put pen to paper. The people who build their truest, most beautiful lives usually do. It's hard to jump from dreaming to doing. As every architect or designer knows, there is a critical step between vision and reality. Before imagination becomes three dimensional, it usually needs to become two-dimensional. It's as though the unseen order needs to come to life one dimension at a time."

For me, the truest, most beautiful life / world looks like :

THERE ARE
MANY MEANS
TO HELP YOU
SET CLEAR
INTENTIONS



*your
soul*

Try this...

Write out your ingredient list for joy and meaning.

*Close your eyes
and take a breath*

Get Clear **Write it out**

When we write it down, we help to teach ourselves what is inherently known. There are many therapeutic effects of a journaling practice. By writing it down, we move it away from us in a healthy, efficient way. Even when we are alone, we can feel seen and heard and alive and observant through our own writing. Journaling is a way for us to map ourselves as we move forward- a map of our own design- of joy, poetry, pain, progress, trauma, curiosity, compassion, wonder... Let it out.



Then narrow it down to a single word that encapsulates what you need more of, what you want to focus on, or what you could improve on- one word to guide your decisions and prioritize your actions against .

My word for 2021 is:



Get Inspired **Make a Vision Board**

Say what? A vision board is a pictorial representation of your intentions— a powerful way to make your dreams more tangible. The very act of creating the vision board tells your mind what's important. You're teaching your mind what you want to focus on in your life. Depending on what you're up for, there are a few ways to go about this...



option one : Get Crafty

Pull out the scissors, glue stick, and old magazines or images you've kept subconsciously for just an occasion such as this! Cut out things that inspire: include pictures, symbols, words and quotes. Craft your vision in a collage!

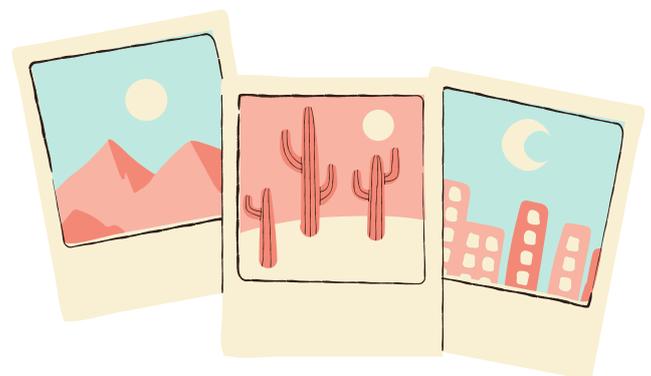
option two : Go Digital

Use a free online program, such as canva to design a digital vision that you can print out, or use as a background on your desktop. (See next page for by step instructions).



option three : Keep it Simple

Something as simple as just one picture or an image can be a very powerful tool in strengthening our defenses against negativity in our own minds or around us. Calling up a picture or a feeling can be profound in helping to raise our own vibration and stick to our chosen path.

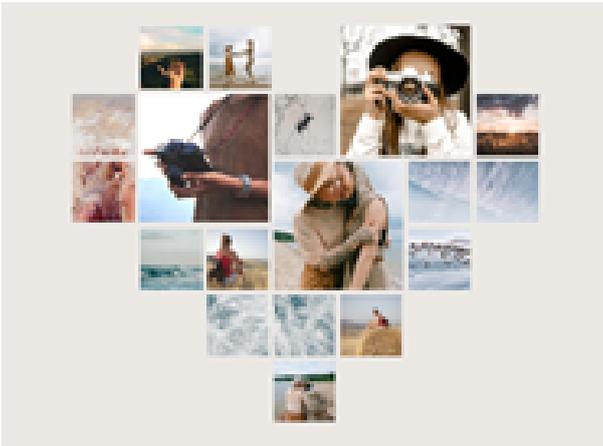


Put your vision/intention up in place that's within your regular line of sight— your nightstand, your home office, your bathroom mirror or up on the fridge —the key is to look at it often so that inspires your everyday actions.

How to make a digital vision board

Create a free account at <https://www.canva.com/>

- From the top menu, select Templates
- Type 'Heart-shaped Photo Collages' into the search box
- Select the template that looks like this:



- Click on the background (diamonds) and delete. (Canva is a free service, but also has paid components, and this particular background has a fee).

Along the left side of the screen you will see a vertical menu...

Uploads: this is where you can upload your own photos or other photos you find online.

Photos: this is where you can search for photos within canva- some are free, some are not (the ones with a crown image in bottom right must be purchased in order to use). Note: the program will allow you to use these pro images as a placeholder, but when it comes time to download your image to print, it will prompt you to pay, so just be sure to use only free images, or your own images.

Elements: this tab provides shape and illustrations- again, be aware that some come at an additional fee, but scroll through as they have plenty of free options as well.

Text: Enables you to include text in a variety of fonts

Music/Videos: don't really apply for our project.

Bkground: will allow you to select a background image

- When you find an image you want, or once you have uploaded one of your own images you can just drag that particular image over to replace the stock sample photos in each square of the heart.

- Edit undo will be your standard keyboard shortcut, but you can also use the back arrow (located at the top of the page in the main menu Home, File, Resize, back arrow)

- When you are finished, select the down arrow (from the menu along the top right of the page) this allows you to download your image for printing and sharing purposes. Select the type of file you'd like and voila!

