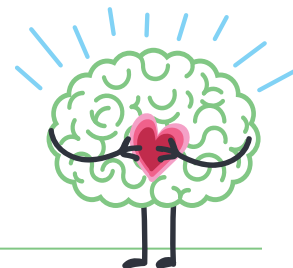


# M2 See It, Say It, Sense It

## THE POWER OF INTENTIONS



Reflect on what you value and how you want the moment to be (whether the moment is today, this week or this year), and then write it down. Giving words and form to your intention provides clarity and consciousness. It can be something simple or more profound. The only requirement is that it has meaning for **you**.

### PUT INTO PRACTICE

**Focus on one important thing you want, and frame it as a positive.**

I will

I want to feel

This looks like

Sounds like

My body feels like

I will let go of

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