



INNERSPACE CAMP JOURNAL PROMPTS

PORTAL TWO:
LIVING FROM YOUR INTENTIONS

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*"growth is uncomfortable because
you've never been here before."*

Picture in your mind what you want your day ahead to look like.

1..... how do you see your day playing out?

2..... and what were you just dreaming about?

3..... what do you want to make happen today?

4..... and see your day as productive.

5..... see your day as joyful.

"Time is not refundable, use it with intention."

6.....see your day as fulfilled.

7.....see connection to yourself and others.

8..... see yourself motivated and accomplishing things.

9..... see and feel yourself smiling.

And 10.....

Take this picture you have created of this beautiful day in front of you and make it as vivid as possible.

"live less out of habit & more out of intent"

See the colors brightly.

Visualize yourself interacting with others in positive ways.

Witness yourself fully motivated towards your goals.

Make this visualization as detailed as you possibly can.

Allow the day to fully play out in your mind exactly how you desire it to be.

"energy flows where intention goes"

What are you doing and where are you going?

What kinds of things do you see and what kinds of folks are you talking with?

Take a really big refreshing deep breath to set this image in stone.

Take a deep and full breath for good luck.

"sometimes god breaks your heart to save your soul"

Now see that picture of your day ahead of you that you created a minute ago.

Vividly see yourself motivated and full of energy.

See yourself smiling and accomplishing things with ease.

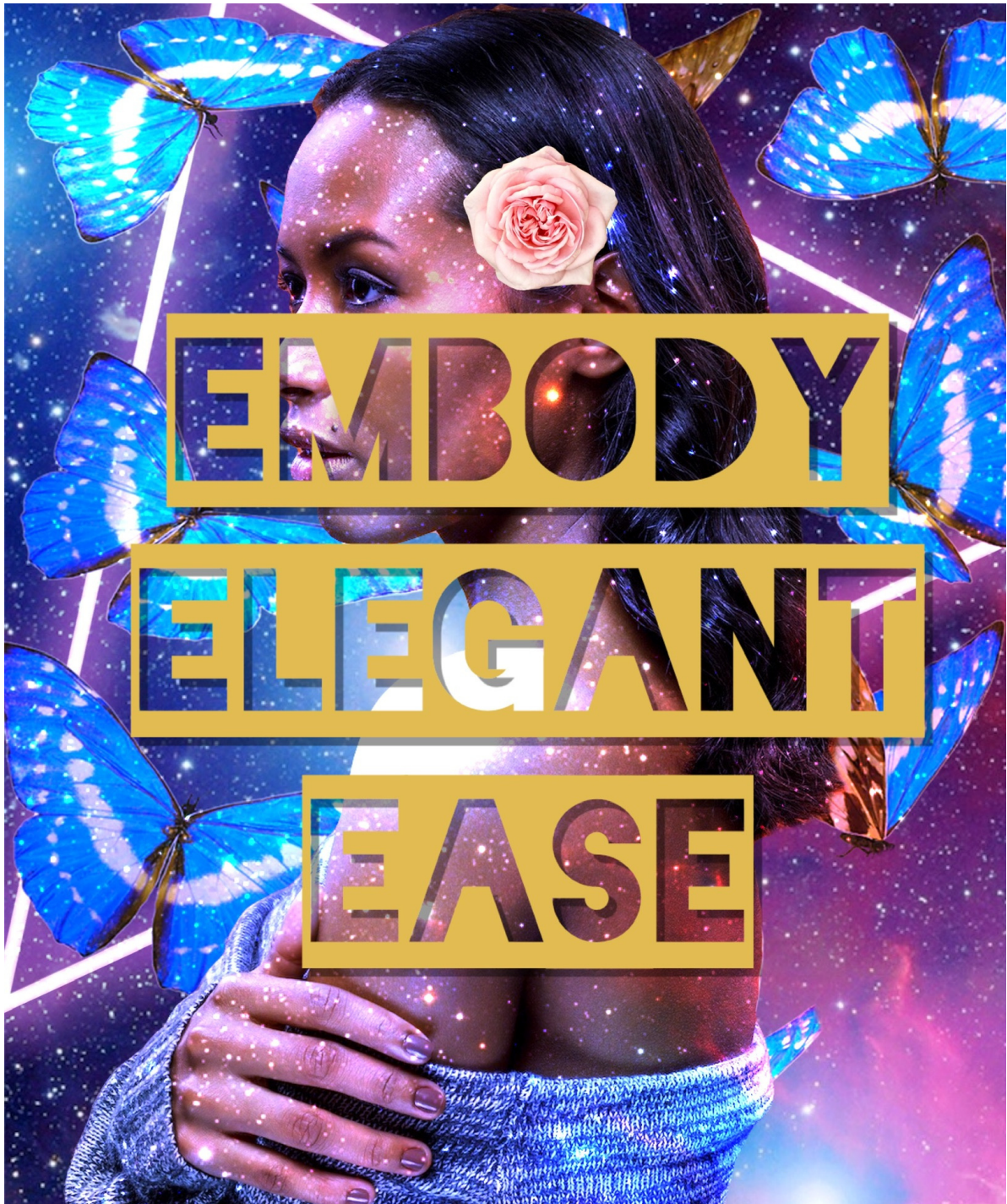
Pull this image into your wakeful life as you breathe....

and see your day play out just how you want it to.

"feel it all and let it go"

Now grab a calendar, day planner or Outlook page & fill in from 6AM-11PM as if it were a random Wednesday (*typically Wed. is a work day – but perhaps in your New NOW life, you take Wed. OFF...remember this is your IDEAL next level, you can design it however YOU desire*) in your NEW NOW. From your values based, INTENTIONALLY focused JOYfully juicy life. FEEL into THAT!

LIVE INTENTIONALLY



XO,
KK