

The space above the questions is for **summarizing your intention** with a few-word title (e.g. Our new happy home), a short affirmation (e.g. We are creating a safe and happy home that supports our lifestyle), or in the form of a picture, a symbol or your own drawing (e.g. a picture of a dream house, children playing in front of the house, a garden).

EXAMPLE



I CREATE A HAPPY HOME FOR MYSELF AND MY FAMILY IN A PLACE OF MY HEARTBEAT



What is my intention? **What do I want to achieve** with myself or in my life? **What do I want to gain?**
(more detailed description)

The house and its surroundings provide enough space, privacy, security and peace for our whole family. There is nature and beautiful landscape nearby. We have space to garden, work from home, children to play and frolic with the dog. There are great people and families with children in the area. The location is easily accessible and the necessary civic amenities are nearby. The new home supports us in our lifestyle and what we do.

At least 3 reasons **why I want it and what feelings** does each benefit evoke in me?

I see great joy in my children playing outside, discovering new things in the surrounding nature and living in a natural environment. Thanks to the larger and simply designed space, I feel a supportive relaxation and lightness in myself and my family. I feel healthier and full of energy because I live in harmony with nature and in a peaceful and healthy environment. I feel gratitude when relaxing in the shade of the greenery near the house and "digging" in my garden. In my new home I meet like-minded friends with whom we enrich and inspire each other internally.

What new things in my life do I perceive with my senses when I imagine that I have already achieved my purpose? What new things do I see or hear? What new things can I touch? What new scent do I smell? What new thing can I taste?

I hear my son calling from his new room, "Daddy, this is a wonderful room. So much space to play and for the car track..." I'm moved to tears, sit down on the bench in front of the house and think, "Yeah, this is it. Thank you so much for that." I smell the aroma of home-cooked food that my wife brings to the outdoor seating area where we talk and laugh with friends. I feel the hugs of my wife and children as we all rejoice together in our new home. I see the greenery behind the house, the trees, and the nature that greets me with rustling leaves. On my daily morning walk into the surrounding countryside, I hug the trees and smell the scent of the forest and the clean air. I bite into a juicy apple that I pick in our garden.

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