

INTENTION SETTING JOURNALING

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As the year unfolds, it's the perfect time to pause, reflect, and set your intentions for the months ahead. These journaling prompts are your guiding light to steer your journey towards a purposeful, joyful, and transformative life.

1. What are three specific goals you want to achieve before the year ends?
2. Reflect on the experiences you've cherished the most this year. How can you create more of them?
3. List three daily rituals that will enhance your overall well-being during the final months.
4. Explore the aspects of your life where you'd like to see growth and transformation.
5. Write down the moments of joy and gratitude you aim to invite into your life.
6. Identify any limiting beliefs that may hinder your progress and reframe them with empowering thoughts.
7. Create a vision board that visually represents your intentions and dreams for the last four months.
8. Draft a self-love affirmation that resonates with your heart and inspires daily positivity.
9. Prioritize self-care by listing three activities you'll indulge in to nurture your well-being.
10. Reflect on the experiences you wish to create before the year's end.



Silvia is a highly sought-after speaker, author, and knowledge leader with over 20 years of experience in inspiring people to live a more mindful, fulfilling, and happy life. As a former Fortune 500 senior executive, she brings a unique perspective to her work and is the creator of dozens of courses on topics focused on helping people incorporate healthy habits and mindfulness into their daily routine.

In addition to her courses, Silvia is also the creator of the 10-year-old YouTube channel LIFE inspired and the blog Love Your Day. Her work has been featured on popular platforms like HuffPost, Gaia, MindBodyGreen, and many more. Silvia's teachings have been described as "life-changing," and she is known for her ability to inspire happiness, global awareness, and joyful living.



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