

Intention Statement

I, _____ (insert your name) on _____ (insert today's date) do hereby state my intention and give my personal promise to follow and implement each of the secrets taught to me in Natalie Ledwell's 7 Secrets to Happiness Program. I understand that whatever the mind can conceive and believe, it can achieve. I will keep focus on my personal goal to achieve the following (describe your personal goal in your own words):

I will achieve this goal not only for myself but to be an inspiration to those I care about. I am excited and empowered to know that I am taking control of the outcome of my life. I know I have everything I need inside me and fully expect as well as KNOW that I will achieve (repeat your goal in simple words)

Signed _____

Witness _____

5 Things I am grateful for today...

5 Things I am grateful for today...

5 Things I am grateful for today...

5 Things I am grateful for today...

5 Things I am grateful for today...

5 Things I am grateful for today...

5 Things I am grateful for today...
