



How to set 3 Intentions for the Year of the Water Rabbit

The Rabbit is the symbol of longevity, peace, and prosperity in Chinese culture, thus 2023 is predicted to be a year of hope. The water rabbit is gentle, amicable, able to adjust readily to different conditions, but with a weak mindset and principles. Water Rabbit occurs once every 60 years

Allow your intentions to run wild and don't let your brain (logical thinking mind) get in the way by thinking about 'how' you will make your goals happen. Just send them out there to the Universe to take care of.

Write your intentions on the eve of the New Moon which marks the beginning of the Lunar New Year

BE. Part 1: What do you what to *be*?

You are a human being. You are worthy and you are enough just as you are right now. This question prompts you to think about the type of person you want to be - the core essence you wish to embody. You want to be the best version of yourself possible. Life is not a dress rehearsal. Understanding your values is so important.

What type of person are you? Name 3 of the highest values that define who you are...

- 1.
- 2.
- 3.

Name 3 people that you would like to be like that inspire you

- 1.
- 2.
- 3.

Write down the top 3 things you would like to be...(eg. bestselling author, celebrity chef, award-winning entrepreneur)

1.

2.

3.

Do you believe you could make these things happen in the next 12 months? If yes, what are 3 steps you could take in the next few days to get the ball rolling in that direction? Remember, the Universe always rewards inspired action!

1.

2.

3.

Presence and being present is a vital part of BE-ing. What are 6 things that bring you the greatest sense of peace, JOY, presence, and wellbeing? Now make sure you do them daily.

1.

2.

3.

4.

5.

6.

What is your style? The iconic essence of this physical world that helps to define you? It could be the things you love, the people you surround yourself with or the way you define LOVE. Describe everything that lights up your soul: (eg. the color pink, orchids, champagne, painting, types of clothes, music, art etc).

Finish this sentence...

I WANT TO BE...

A large white rectangular area for writing, intended for the user to complete the sentence "I WANT TO BE...".

DO. Part 2: What do you Want to *do*?

Pretend that money is no object and that you have more money than you could ever spend.
What would you do? Go...



Would you still be in the business (or industry) you're in now if you didn't have to make money? If so, why or why not?



What do you do in your life to serve others? Service is vital to the success of any business and the peace and growth of any soul.



**What are the top 5 roles that you play in the world?
eg. Mother, daughter, friend, lover etc.**

- 1.
- 2.
- 3.
- 4.
- 5.



Name 6 places you would love to visit in the next year...

1.

2.

3.

4.

5.

6.

What is the one thing that no-one would ever guess that you really want to do? How can you make it happen?

What are 3 things that you would like to do and have accomplished 12 months from today?

1.

2.

3.

Name 3 things/resources/tools that will help you to do this and achieve your goal.

1.

2.

3.

HAVE. Part 3: What do you Want to *Have*?

This is the fun part where you start to order from the cosmic catalog! Setting very clear intentions about what you want to create is super-important. What type of a house do you want to live in? Be very specific. The Universe is listening...



What kind of car would you like to drive



What does your body look like? How are your energy levels? Fitness levels? How do you feel?

A large white rectangular box intended for a person to write their response to the first question.

\$500,000 is gifted to you randomly and you have to pay-it-forward...

Who would you give it to and why? And how do you think this would make you feel?

A large white rectangular box intended for a person to write their response to the second question.

Design your ultimate wishlist with 12 things you would love to manifest...

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

LAST STEP: Seal up this worksheet, put it away and then set a reminder in your calendar to revisit your intentions when you feel like you need a dose of inspiration. I bet you'll be surprised at what manifests for you! The key in the meantime is to **TRUST + SURRENDER.**

**This is a bit of fun shared with you by
the James family.**

**Every Lunar New Year, we follow my husband's
Chinese heritage and tradition by using the energy of
the New Moon to set our intentions for the year.**

**It's always so surprising how many of these intentions
manifest over the year.**



Clare James

Property Investing Buyers Agent
marvelrealty.com.au/clarejames



SCAN ME