

Soft Intentions

For A New Day / Week /
Month / Season / Year

MY INTENTION(S)
A gentle goal or focus

What I want to
feel more of
(2 words/phrases):

My values compass –
What matters most?
What kind of person am
I becoming?

My self-statement/ affirmation:

What I'm releasing:



Note to Self/ A note to
future me:

Inspiration

Nervous System Friendly
Ideas for...

Self-Statements:

- I am learning to trust myself again.
- I move at the pace of safety.
- I don't have to rush to be worthy.
- I can be a work in progress and still be deeply lovable.
- I am allowed to begin again (as many times as I need).
- I choose progress over perfection.
- My needs matter.
- My body is not an obstacle – it's my home.
- I can feel deeply and still be safe.
- I don't need to earn rest.
- I am not behind.
- I am becoming someone who stays with myself.
- I can do hard things gently.
- I am growing in quiet ways.
- I am allowed to take up space.
- I release the belief that I must suffer to succeed.
- I choose compassion over criticism.
- I can care deeply without carrying everything.
- I can be soft and strong at the same time.
- I am worthy of support.
- I am allowed to want what I want.
- I can choose myself without guilt.
- I am rewriting the story of who I am.
- I am safe to be seen.
- I am allowed to live a life that fits me.

What I'm Releasing:

- The need to be perfect.
- The belief that I must hustle to be safe.
- The pressure to have it all figured out.
- Comparison.
- The habit of abandoning myself.
- Urgency as a lifestyle.
- The story that I'm too much or not enough.
- Old roles that no longer fit.
- The need to prove my worth.
- What was never mine to carry.

Intentions:

- I intend to move slowly enough to feel my life.
- I intend to choose what nourishes me.
- I intend to listen to my body's "yes" and "no."
- I intend to practice being kind to myself.
- I intend to celebrate small wins.
- I intend to release urgency.
- I intend to create more space.
- I intend to protect my energy.
- I intend to honour the season I'm in.
- I intend to be consistent in tiny ways.
- I intend to befriend my nervous system.
- I intend to do less – with more love.
- I intend to stop abandoning myself.
- I intend to practice courage in small moments.
- I intend to speak to myself like someone I love.
- I intend to return to myself daily.
- I intend to let rest count.