



THRIVE CREATIVE COMMUNITY

Intention Word List

Self-Discovery and Art-Making Course

Sometimes the easiest way to identify an intention we need to work on, is to read words and feel how our body reacts to them. Pay attention. What triggers something in you? Immediate reaction is helpful and the reaction could be positive or negative. As we identify how we feel about these words, it helps us explore deep feelings or issues. Circle 5-10 words you most strongly react to or add new words that come to you. Choose one at a time to explore in your journal.

Play	Independence	Grounding
Hope	Authority	Logic
Faith	Leader	Go Inward
Beginnings	Investment	Go with the Flow
Free Spirit	Traditions	Stand in your Truth
Manifest	Challenge the Status Quo	New Perspective
Resourceful	Surrender	Origin
Action	Release	Emergence
Planning	Let Go	Endings
Follow Your Joy	Love	Transformation
Sacred Knowledge	New Relationships	Balance
Subconscious – what's hidden	Choices	Moderation
Discover Hidden Truths	Let Go	Purpose
Open Up Creatively	Inner Wisdom	Patience
Non-Attachment	Release Control	Flow
Confidence	Focus	Awakening
Inner Guidance	Gentle Strength	Allow Change
Connect	Influence	Learning
Trust	Compassion	Intuition
	Knowing	Celebration

Calm	Self-Love	Foundation
Peace	Creativity	Success
Release Resistance	Partnership	Vitality
Re-birth	Friendship	Fun
Forgiveness	Meditation	Moving On
Calling	Evaluation	Innocence
Completion	Discipline	Opportunities
Explore	Hard work	Move On
Abundance	Giving and Receiving	Grow
Perseverance	Generosity	Romance
Skill development	Management	Harmony
Mastery	New Ideas	Alignment
Nurturing	Secrets	Beauty
Security	Curiosity	Discovery
Mental Clarity	Thirst for Knowledge	Limitless
Boundaries	Communication	Spiritual Path
Sorrow/Grief	Self Expression	Courage
Protection	Decisions	Energy
Strength	Relaxation	Positivity
Reconciliation	Good Health	Self-Worth
Ambitions	Sociability	Speak my Truth
Clarity	Homecoming	Open Heart
Progress	Public Recognition	Take Action
Adventure	Passion	Kindness
Vision		(insert your words!)