

THE GARDEN OF YOUR HEART

Setting intentions for the year ahead



THE POWER OF INTENTION
IS THAT IT ENABLES US TO
ENTER INTO THE REALM OF
WHAT IS POSSIBLE.

After completing the meditation, what do you know you want to focus on this year? What do you desire? What do you want? No filter, just write whatever words or images or feelings come to mind.



INTENTIONS, RATHER THAN
GOALS, ARE ABOUT THE
JOURNEY, NOT THE
DESTINATION.

YOUR GARDEN

The garden of your heart is about what you desire of this year - what do you want to achieve, to move towards, to focus on? In this way, your 'flowers' are your desires; you have an idea of what these flowers may ultimately look and feel like. Your intentions are about the journey; the growing of those flowers. How you do want to approach growing your flowers? And, you never know, your flowers might just surprise you in what they ultimately look like by instead focusing on the journey of growing them.



FLOWER 1

The following pages are an opportunity to open your mind to the possibility of this year, and the magic you would like to create and intentionally grow in your garden. Here, we get clear on your desires, intentions and goals.

What do you want to grow in your garden this year? (Desire)

How do you want to approach growing this flower this year? (Intention)

If you want to go deeper, what is one short-term goal for this flower? (Goal)

FLOWER 2

The following pages are an opportunity to open your mind to the possibility of this year, and the magic you would like to create and intentionally grow in your garden. Here, we get clear on your desires, intentions and goals.

What do you want to grow in your garden this year? (Desire)

How do you want to approach growing this flower this year? (Intention)

If you want to go deeper, what is one short-term goal for this flower? (Goal)

FLOWER 3

The following pages are an opportunity to open your mind to the possibility of this year, and the magic you would like to create and intentionally grow in your garden. Here, we get clear on your desires, intentions and goals.

What do you want to grow in your garden this year? (Desire)

How do you want to approach growing this flower this year? (Intention)

If you want to go deeper, what is one short-term goal for this flower? (Goal)

FLOWER 4

The following pages are an opportunity to open your mind to the possibility of this year, and the magic you would like to create and intentionally grow in your garden. Here, we get clear on your desires, intentions and goals.

What do you want to grow in your garden this year? (Desire)

How do you want to approach growing this flower this year? (Intention)

If you want to go deeper, what is one short-term goal for this flower? (Goal)

FLOWER 5

The following pages are an opportunity to open your mind to the possibility of this year, and the magic you would like to create and intentionally grow in your garden. Here, we get clear on your desires, intentions and goals.

What do you want to grow in your garden this year? (Desire)

How do you want to approach growing this flower this year? (Intention)

If you want to go deeper, what is one short-term goal for this flower? (Goal)

INTENTION IS THE CREATIVE
POWER THAT FULFILLS OUR
DREAMS. AN INTENTION IS AN
INNER IMPULSE THAT IS FOCUSED
IN A PARTICULAR DIRECTION AND
CONTAINS WITHIN IT THE SEED OF
THAT WHICH YOU SEEK TO CREATE.
JUST LIKE REAL SEEDS, INTENTIONS
CAN GROW OR PERISH ACCORDING
TO THE FERTILITY OF THE SOIL
AND THE ATTENTION THEY
RECEIVE. INTENTION
ORCHESTRATES INFINITE
POSSIBILITY AND IS THE DNA OF
ALL REALITY.

ANDREW WALLAS



THANK YOU

For taking this time for yourself, for supporting my work, and for simply being here. It is my hope this workshop has offered some helpful guidance in your journey of feeling empowered and creating a life that's aligned, purposeful and joyful. If you have any questions following this workshop, or would like to offer feedback, please email me: hello@daniellehanrahan.com

I hope we meet again. Look after yourself, and enjoy this journey of exploring what you wish to create in 2023.