

camp dhl intentions worksheet

Intention is more than wishful thinking. It's willful direction.
-Jennifer Williamson

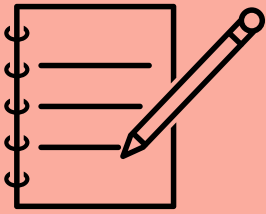
It's time to begin thinking about your intentions for our time together at Camp Dear Handmade Life. Before you fill out this worksheet, go someplace quiet where you won't be interrupted. Then, take a few deep breaths (breath in through your nose for a count of four, hold for seven seconds and then forcefully breath out out your mouth). [Here's a video](#) on how to do this style of breathing.

Do you feel calm and present? OK, now fill out this worksheet.

What are you hoping to get out of the Camp DHL experience?

What would you like to experience and feel at Camp DHL?

How would you like to feel AFTER Camp DHL?



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What would you like to learn at Camp DHL?

What is the most important change you want to see in yourself, your creativity, your life or your business when Camp DHL ends?

Now, the BIG question... what is your intention for your time at Camp DHL?

Notes:
