

Women Connecting With Intention

Name:

Personal Gratitude: I am grateful for/that...

Professional Gratitude: I am grateful for/that...

Intention: I Intend that....

GUIDELINES

1) **Use Positive words.** Avoid using, don't, not, won't, can't

2) Share with the group...or pass but please write them down anyway ;)

3) Hear something you like...you may say "ditto" so it can apply to you too

EVENT OUTLINE:

20 Minutes food & mingle time

1 Minute Intro

Spotlight Presenter

Gratitudes

Hand in forms to use as focus for the BodyTalk Group Session

Optional Open Networking