

## Women Connecting With Intention

**Gratitudes:** I am grateful for/that...

1)

2)

3)

**Intention:** I Intend that....

1)

2)

3)

### **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 a Gratitude or Intention you like... say "**ditto!**" so it can apply to you too

### **EVENT OUTLINE:**

20 Minutes food & mingle time

1 Minute Intro

Spotlight Presenter

Gratitudes & Intentions

BodyTalk Group Session

Open Networking (optional)