

EXAMPLES OF MIND BODY SPIRIT INTENTIONS / WORD OF THE YEAR

Kind	Harmonious	Aligned
Deep	Devoted	Flow
Shine	Inspired	Expansive
Unity	Clarity	Joyful
Beauty	Delighted	Ease
Wanderlust	Calm	Compassionate
Powerful	Bold	Engaged
Soulful	Fresh	Encouraging
Fruitful	Supported	Authentic
Magical	Radiant	Serene
Courageous	Playful	Sacred
Energized	Creative	Grateful
Lit up	Passionate	Nourished
Brave	Connection	Love
Freedom	Focused	Vibrant
Abundant	Lighthearted	Seen
Integrity	Peaceful	Confident
Wise	Beautiful	Strong
Purposeful	Free	Learner
Curious	Present	Virtuous
Faithful	Loyal	Dependable
Logical	Stable	Balanced
Knowledgeable	Hopeful	Smart
Organized	Serious	Whole
Wholehearted	Grateful	Fabulous
Forgiving	Gentle	Forward-looking
Intense	Transformed	Beloved
Worthy	Thrive	Emerging

*THIS IDEA ORIGINATED FROM DANIELLE LAPORTE'S "THE DESIRE MAP"