

CREATING RITUALS...

THE CULTIVATE RITUALS + INTENTIONS
WORKSHEET

THIS QUICK EXERCISE WORKBOOK IS
DESIGNED TO GET YOU IMPLEMENTING
HEALTHY RITUALS, INSTEAD OF
SUBSCRIBING TO A BELIEF THAT
YOU'RE NOT ALREADY ENOUGH.

NOT
RESOLUTIONS

LET'S HAVE A LIFE TALK

CONFRONTING ISSUES WITH NEW YEARS RESOLUTIONS

IF YOU KNOW ME, YOU KNOW I'M KEEN ON SETTING GOALS. I'M ALL FOR ENRICHING, GROWING + CHALLENGING OURSELVES.

BUT THE ADS, THE CONVERSATIONS, THE DIRECTION OF THOUGHTS...THEY ALL SEEM TO SHIFT FROM CHRISTMAS SPIRIT DIRECTLY INTO NEW YEAR'S PROPAGANDA, AM I RIGHT?

SO IN THIS SEASON OF RENEWAL, WHAT I'M FAR MORE INTERESTED IN + WHAT THE MOST IMPORTANT QUESTIONS FOR ME TO COME BACK TO ARE:

HOW DO I WANT TO FEEL?

WHAT HAVE I OUTGROWN?

WHAT AM I GOING TO NOURISH?

WHAT AM I WILLING TO QUESTION?

WE ARE CONSTANTLY BEING INUNDATED WITH INFORMATION THAT SUPPORTS A BELIEF WITHIN ALL OF US THAT WE ARE NOT ENOUGH. BUT DO YOU WANT TO PUT YOUR ENERGY INTO CHANGING WHO YOU ARE? OR CHALLENGING THAT BELIEF?

TRUTH BE TOLD, ONE HAS LIMITED RESULTS. THE OTHER, LIMITLESS.

THAT'S WHY I'VE CREATED THIS GUIDEBOOK.

THIS IS A PLACE WHERE YOU CAN PLACE HEART-CENTRED INTENTIONS, SET MORNING + BED TIME RITUALS, THINK ABOUT HOW YOU CAN BE MORE MINDFUL IN SUPPORTING YOURSELF THIS YEAR + MOST IMPORTANTLY CREATE A LIFE YOU'RE RADICALLY PROUD OF LIVING.

INTENTION WORKBOOK

MANTRA OF THE MONTH

(REPEAT THIS AT LEAST ONCE A DAY)

I AM _____

2020 WILL BE THE YEAR OF

3 SELF CARE PROMISES

1) _____

2) _____

3) _____

3 HEART CENTRED INTENTIONS

1) _____

2) _____

3) _____

MY MORNING RITUALS THAT
SUPPORT MY GROWTH

1) _____

2) _____

3) _____

MY EVENING RITUALS THAT
SUPPORT MY GROWTH

1) _____

2) _____

3) _____

MY WAKE UP TIME IS: _____

MY BED TIME IS: _____

THIS YEAR I WOULD LIKE TO CREATE MORE SPACE FOR: _____

THIS YEAR I WOULD LIKE TO MINDFULLY DO LESS OF: _____

THIS YEAR I CAN BE MORE MINDFUL WITH MY THOUGHTS BY: _____

THIS YEAR I CAN BE MORE MINDFUL WITH MY BODY BY: _____

THIS YEAR I CAN BE MORE MINDFUL WITH MY ENVIRONMENT BY: _____

SO WHAT'S NEXT?!

THINK OF A WORD OR A SHORT SENTENCE TO EMPOWER + NOURISH YOUR SOUL, THIS IS YOUR MANTRA. REPEAT IT EVERY DAY UNTIL YOU FEEL THAT IT IS COMPLETE, THEN PREPARE ANOTHER ONE. THROUGH REPETITION + PATTERNING WE REPROGRAM THE BRAIN + THE SUBCONSCIOUS. THIS IS A POWERFUL EXERCISE + ONE YOU CAN RETURN TO MONTHLY FOR GUIDANCE.

SELF CARE FIRST - RITUALS ARE THE KEY TO HABIT FORMING, LONG SUSTAINING ACTIVITIES THAT LEAD TO ACTUAL LIFESTYLE CHANGES. MAKE YOUR DAILY RITUALS A BENEVOLENT ACT OF RADICAL SELF LOVE + AN APPOINTMENT YOU DO NOT CANCEL.

SET YOUR INTENTIONS + THINK OF DAILY ACTIONS TO GET YOU THERE.

KEEP TRACK OF THE WAY YOU FEEL, SEE IF YOU CAN PUT A CHECKMARK ON YOUR CALENDAR AS YOU COMPLETE YOUR RITUALS + ACTIONS TO GET YOU CLOSER TO YOUR INTENTIONS EVERYDAY + EVERY NIGHT THIS MONTH. THEN REPORT BACK HOW YOU FEEL AFTER A 30 DAY (OR LONGER) COMMITMENT TO YOUR SELF. BE HONEST, SEE YOU HOW YOUR MOOD + FEELINGS SHIFT.

FINALLY,

WORK WITH ME 1:1

IF YOU'RE FEELING CALLED TO WORK WITH ME ON YOUR OWN PERSONAL JOURNEY, PLEASE REACH OUT + WE CAN TAILOR A HEALING SESSION SPECIFICALLY TO WHAT YOU MIGHT BE CALLING IN/WORKING THROUGH.

THIS WORK CONTINUALLY BRINGS ME BACK TO MY UNWAVERING DESIRE TO SHARE, SERVE + SEE YOU AS YOU ARE, WHEREVER YOU ARE IN YOUR JOURNEY.

AS ALWAYS, PLEASE EMAIL ME AT INFO@VANESSADEZUTTER.COM IF YOU HAVE ANY QUESTIONS OR COMMENTS!

IF YOU LOVED THIS WORKBOOK + FELT IT HELPFUL IN YOUR PROCESS, PLEASE FEEL FREE TO SHARE + TAG ME ON INSTAGRAM SO THAT I CAN SEE ALL OF YOUR BEAUTIFUL + NOURISHING 2020 RITUALS + INTENTIONS.
FIND ME THERE @VANESSADEZUTTER

WITH YOU,
ENCOURAGING YOU,
SEEING YOU, V.