

SEZ KRISTIANSEN

# *remembering wild*

**2022 INTENTIONS  
PATREON-SUPPORTED  
PRINT OUTS**



**[www.sezkristiansen.com](http://www.sezkristiansen.com)**

**VISIT PATREON**

EDITION:  
January 2022

*Example*

# 2022 INTENTIONS

my partnership

my career

my friendships

1

MY FOCUS

my spiritual practice

parenthood

other \_\_\_\_\_

3

THREE NOURISHMENTS

*discipline  
love  
consistency*



2

THE SEEDS OF HOW I WANT TO FEEL

*self-trust*

*guided*

*deeply connected*

*present*

*ease and flow*

*grounded*

*mistrust*

*inspired*

*judgment*

*peace*

*commune*

*attachment to outcomes*

4

WHAT I WILL ALLOW TO DIE

*comparing myself to others*

*inconsistency*

*excuses*

5

THREE INTENTIONAL ACTIONS

- *meditate at least 10 mins every other morning*
- *create boundaries for my need for quiet-time*
- *spend every Sunday offline*

# 2022 INTENTIONS

*Example*

my partnership

my career

my friendships

1  
MY FOCUS

*start here with no.1. Print out a few so you can go through all of them if you like!*

my spiritual practice

parenthood

other \_\_\_\_\_

3  
THREE NOURISHMENTS

discipline  
love  
consistency



*then move down here for no.2. These are the seeds of emotion you wish to feel about no.1*

*no.3 is up here - these will be useful for no.5 when you make practical actions.*

2  
THE SEEDS OF HOW I WANT TO FEEL

self-trust  
deeply connected

guided

grounded

present  
ease and flow

mistrust

judgment

peace

commune

inspired

attachment to outcomes

4  
WHAT I WILL ALLOW TO DIE

comparing myself to others

inconsistency

*no.4 is here - come back to these throughout the year to see if you are consistently letting these go.*

5  
THREE INTENTIONAL ACTIONS

- meditate at least 10 mins every other morning
- create boundaries for my need for quiet-time
- spend every Sunday offline

*last one is here - write more if you like but make them achievable, incremental and kind to yourself.*

# 2022 INTENTIONS

my partnership

my career

my friendships

**1**

**MY FOCUS**

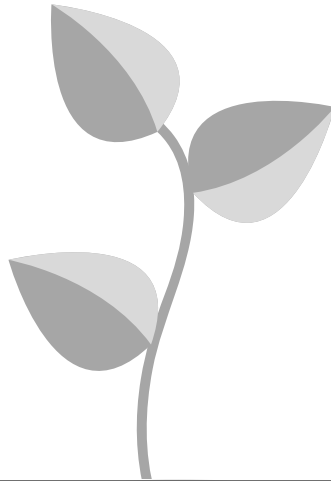
my spiritual  
practice

parenthood

other\_\_\_\_\_

**3**

**THREE  
NOURISHMENTS**



**2**

**THE SEEDS OF  
HOW I WANT  
TO FEEL**

**4**

**WHAT I WILL  
ALLOW TO DIE**

**5**

**THREE  
INTENTIONAL  
ACTIONS**