

Elegant Femme

The 12 Days

Of Christmas



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Welcome to Day 1

Setting Your Intention

The importance of setting your intention can not be over looked this holiday season. I want you to be truly conscious of setting your intention and creating YOUR perfect holiday season.

#1. Close your eyes and think about what you want your holiday to BE like. I want you to see clearly in your own mind you enjoying your holiday. Use your Indie, plug into her. What is the theme? What do you see yourself smiling about? What is the feeling that is surrounding you?

That is your theme.

#2. Double check your intention. Is it yours? Is it true? How does it make you feel? Check in with yourself and make sure it is not a 'should' from some one else's expectation. When you look at the holiday are you telling yourself it should be a family holiday, but really in your vision you are shopping on Madison Ave with glitz and glam and a armful of beautifully wrapped packages? If so, make sure your intention is truly in line with what YOU want.

#3 Start to think about what types of things go along with your theme. What you are doing, seeing, having and enjoying?



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Coaching Women Through
Femme Lifestyle Design

#4. Fill out the below with love, grace and confidence.

I, _____, intend to have the most perfect holiday season.

My intention for this holiday is _____.

When I think about this intention it makes me feel _____.

I understand that I am in full control of what I choose and HOW I choose to participate in my holiday experience.

With love and beauty always,

