



MODULE 3

MIND
RISE

THEMINDRISE.com

Own Your Power Mastery

Welcome to Module 3 of Your Journey! We have set the stage for transformation, using the first modules together to create a solid foundation. We began by identifying our limiting beliefs to let go of what was no longer serving us. By letting go, we create space to let in the infinite possibilities that are available to us. **In this module, we're diving deep to create a vision by leaning into desire and intention.**

MODULE 3: *Deepest Desires & Intentions*

Along our journey, we'll begin to paint a picture of our vision that will ultimately inform our ideal lifestyle. In order to grow, we must ask ourselves the questions that will answer who we are and what we want in this life.

Key Elements: **Deepest Desires & Intentions**

- Use your desires to create a vision for the future
- Learn to setting intentions that count
- Discover how to begin living today in a way that feels authentic to you

Tools: **Deepest Desires & Intentions**

- Vision Map
- Intention Setting Guide

Deepest Desire + Intentions

THEMINDRISE.com

Deepest Desires

Today we will take the time to settle in to a powerful visualization created for you to let go of your old script and begin to connect to your new belief system. Following our visualization you will be guided to answer the following questions. Try not to skip ahead and read the questions, trust the process and see what comes up for you.



Deepest Desire + Intentions

THEMINDRISE.com

Intention Guide

"A man is what he thinks about all day long." Ralph Waldo Emerson

How would you...

Eat? Go to bed? Talk to people? Relate to money?
Ground or uplift yourself? Work? Talk to yourself?

What would you...

Pay more attention to? Learn? Change in Your Life?

Where would you...

Spend your weekends? Go on vacation? Work?

Who would you...

Spend more time with? Treat differently?

Deepest Desire + Intentions

THEMINDRISE.com

Own Your Power Mastery

You've completed Module 3!

Let's celebrate! Screenshot
or snap a picture of the next
page...

Post on your story + tag
[@themindrise](#) on Instagram
to anchor in your deepest
desires.



We go where
Our deepest desires
Take us

MIND
RISE