INTENTION SETTING JOURNAL

MANIFEST WHAT YOU WANT IN YOUR LIFE!

SHOPTARAHCO.COM

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INTRODUCTION

Congratulations for deciding to embark on this exciting journey of setting intentions with crystals!

This intention setting planner is meant to be used along with the book "Intentions Setting with Crystals" to aid you in setting clear intentions, programming your crystals, cleansing and caring for your crystals, tracking your results and more.

If you have questions, feel free to contact us at contact@shoptarahco.com

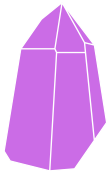
12 HEALING CRYSTALS

ONYX

- Cleanses the air
- Rids your home of negative energy

ROSE QUARTZ

- Helps relieve stress and frustration
- Eases anxiety



AMETHYST

- Helps relieve headache and fatigue
- Promotes good dreams and good skin
- Supports bones, joints

CITRINE

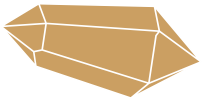
- Use to boost concentration
- Boost memory
- Spark creativity

LAPIS LAZULI

- A touted ancient migraine remedy
- Supports the immune system

OPAL

- Increases inspiration and creativity
- Helps with PMS and headaches



TOPAZ

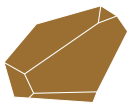
- Works to balance hormones & combat aging

AQUAMARINE

- Aids with acid reflux and gastrointestinal disorders

JADE

- Supports the adrenal glands and relieves headaches



GARNET

- Good for back pain, calcium deficiencies and tissue regeneration

BLOODSTONE

- Helps regulate blood pressure and supports the circulatory system
- Good for colds

AGATE

- Detoxifies
- Eases anxiety

I FEEL ...

Choose a crystal and describe how it makes you feel

HOW DO YOU FEEL TODAY?

WHY CRYSTALS?

Do you sometimes feel more drawn to one kind of crystals? Why?

WHICH CRYSTALS ARE YOU DRAWN TO TODAY?

CRYSTAL INTENTIONS

CRYSTAL

INTENTIONS

NOTES

PROGRAMMING CRYSTALS

CRYSTALS USED	AFFIRMATION STATEMENTS

NOTES

CRYSTAL CARE

CRYSTALS USED

CARE PERFORMED

- ☐ CLEANSING
- ☐ CHARGING
- ☐ ACTIVATING
- ☐ PROGRAMMING

CLEANSING & CHARGING PERFORMED

- ☐ WATER
- ☐ MOONLIGHT
- ☐ SUNLIGHT
- ☐ SAGE
- ☐ SOUND
- ☐ CRYSTALS

REMINDERS

NOTES

INTENTION TRACKING

CRYSTALS USED | INTENTION | MANIFESTED?

☐ Y ☐ N

NOTES

CRYSTALS USED | INTENTION | MANIFESTED?

☐ Y ☐ N

NOTES

CRYSTALS USED | INTENTION | MANIFESTED?

☐ Y ☐ N

NOTES

CRYSTAL PROPERTIES

CRYSTAL NAME

- ☐ RAW
- ☐ TUMBLED
- ☐ POINT
- ☐ CLUSTER

USE FOR

- ☐ HEALTH
- ☐ MIND
- ☐ MONEY
- ☐ CAREER
- ☐ LOVE
- ☐ SPIRITUAL
- ☐ OTHER

CRYSTAL PROPERTIES

NOTES

HEALING WORKSHEET

Crystal healing:

1. Hold your crystals
2. Recite your affirmations
3. State: "I will heal from ... "
4. "I commit to ..."
5. "My heart is healed, protected and open. So let it be"

MY AFFIRMATIONS:

MY CRYSTALS TO WORK WITH:

Crystal Name:	Crystal Name:	Crystal Name:
SKETCH	SKETCH	SKETCH
Purpose:	Purpose:	Purpose:

What is it that you need healing from/to overcome?

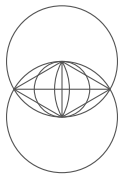
Of the things you can control, what will you commit to doing, now?

CREATE A CRYSTAL GRID

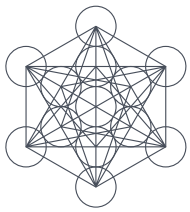
SET AN INTENTION

LOVE JOY GROWTH TRAVEL INTUITION MONEY HEALTH

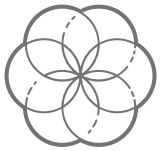
SELECT A LAYOUT



VESICA PISCIS
New Beginnings

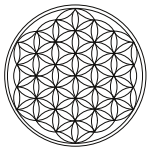


METATRON'S CUBE
Energy



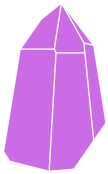
SEED OF LIFE
Growth

SRI YANTRA
Balance



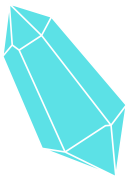
FLOWER OF LIFE
Connection

SELECT YOUR CRYSTALS



AMETHYST
Intuition

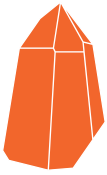
CITRINE
Abundance



SODALITE
Expression

QUARTZ
Ultimate Healer

ROSE QUARTZ
Love



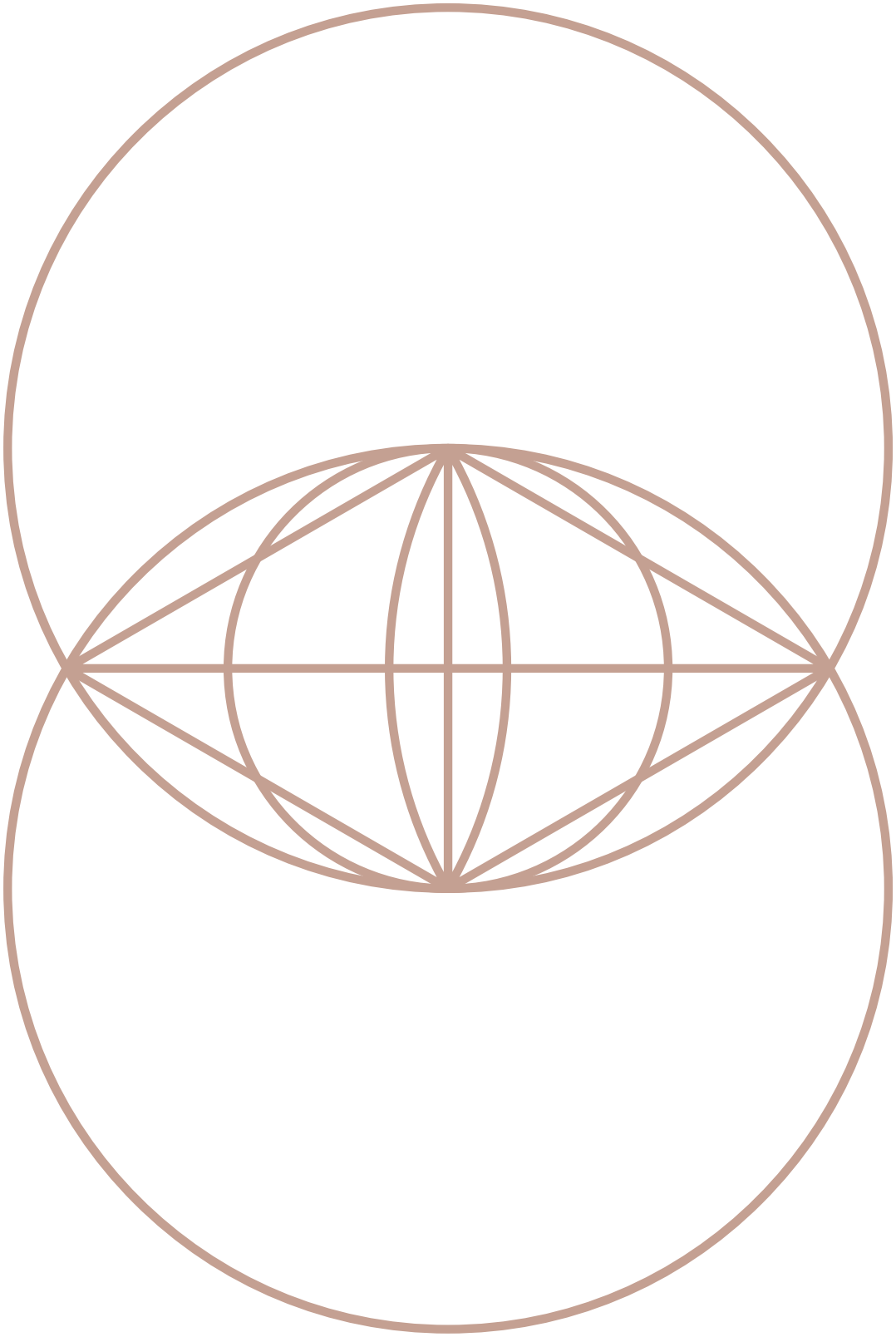
CARNELIAN
Creation

AVENTURINE
New Beginnings

CRYSTAL *Layouts*

Crystal layouts can follow geometric patterns or may be done intuitively. The overall purpose is to direct the flow of energy from the stones to shift the energy within your body, mind, spirit, and life.

VESICA PISCIS



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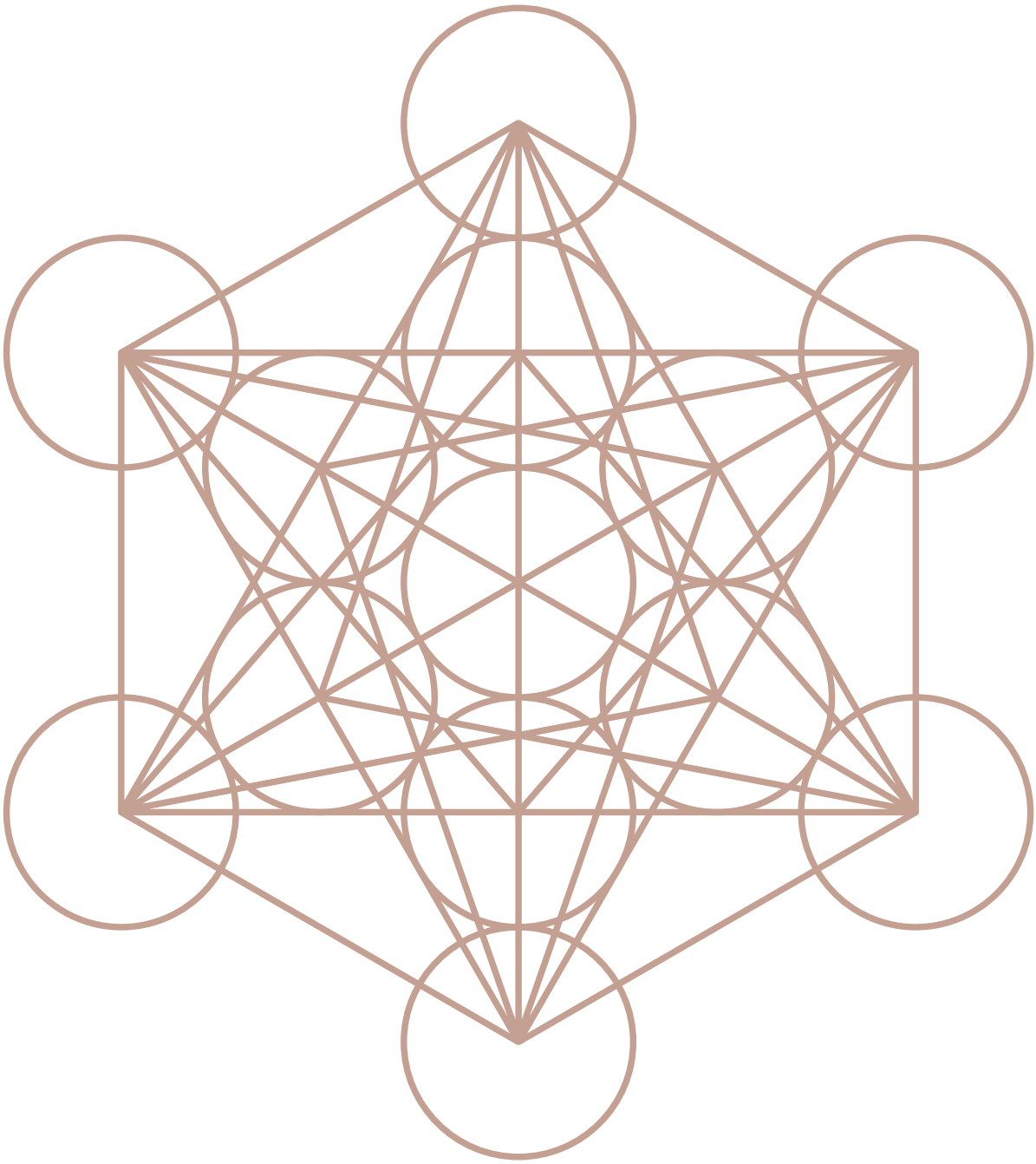
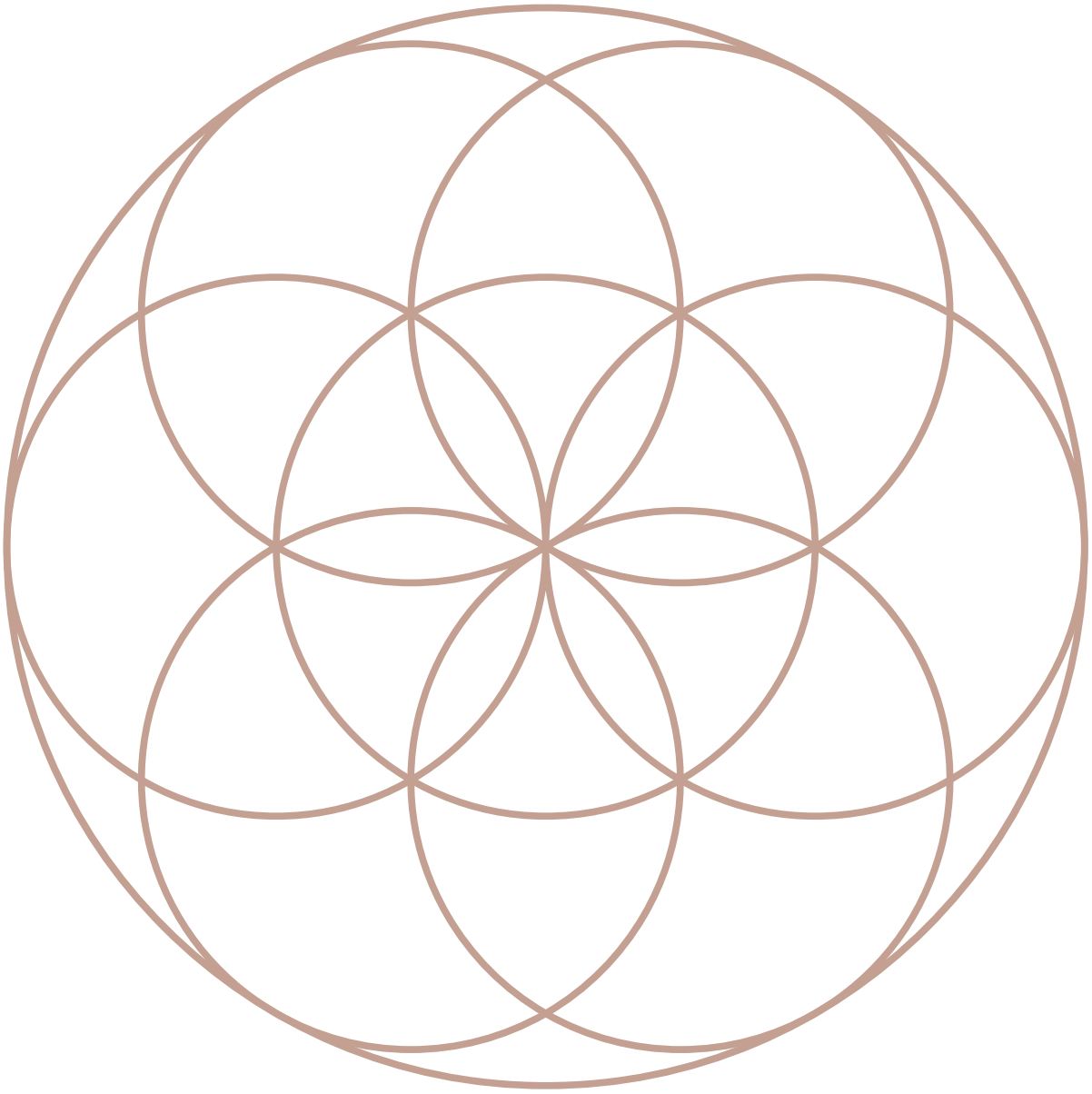


SEED OF LIFE



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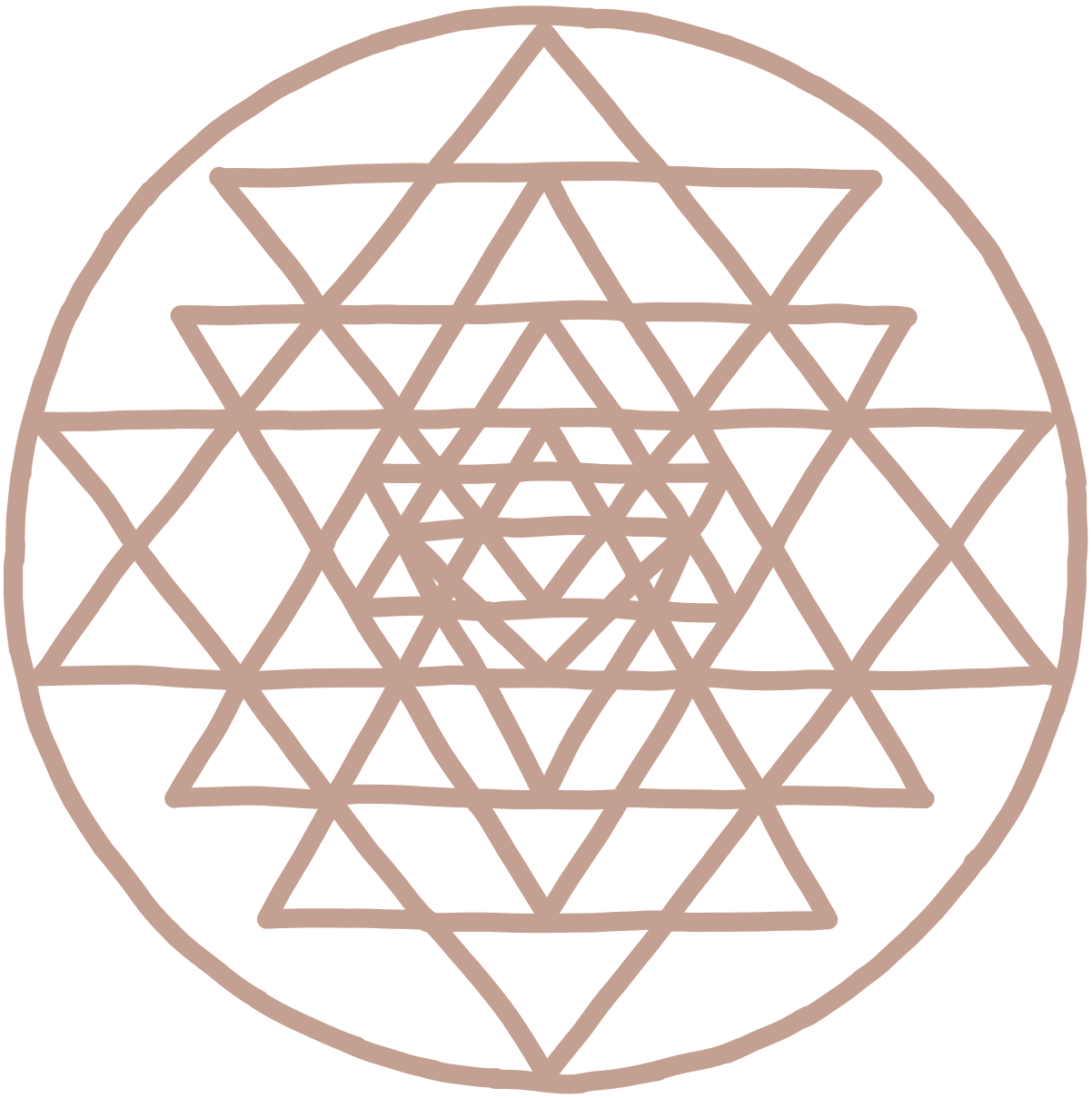
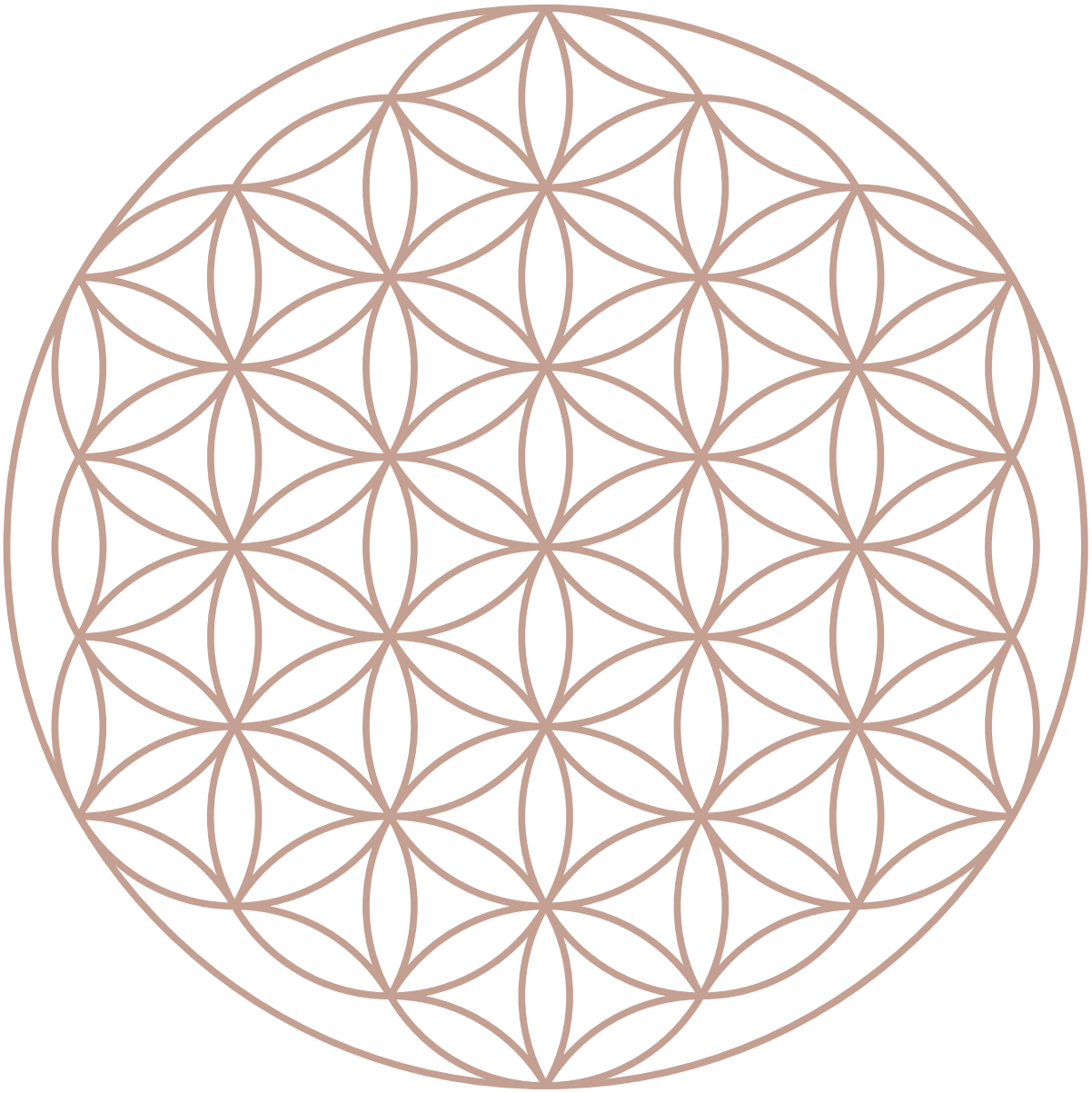


FLOWER OF LIFE



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