



Awaken & Flourish

with Nic

Tools you need to help set & manifest your intentions

A little about me



Qualifications:

Advanced Diploma in Clinical Hypnotherapy (Trauma)

Diploma in Holistic Integrated Creative Arts Therapist (MBEHICATprac)

Holistic Counselling & Life Coaching (Cert.Med.Hol.Couns)

Meditation Teacher & Holistic Human Development (MBE.MedTeach)

Certificate in Energy Healing, Reiki Master/Teacher

Member:

International Institute of Complementary Therapists (IICT)

It is my goal to inspire creativity through self expression, drawing on your imagination, colour & various uses of art mediums & materials.

‘As a daughter of an artist, I have grown up being fully immersed in the art world. Art can be a great form of communication allowing you to express yourself in ways you may not have even imagined. I want you to leave your self doubt behind & know that you are capable of anything you put your mind to & believing anything is possible.’

Why is it important to set intentions?

- For clear vision
- Keep you focussed
- Assist in prioritising what matters
- Boost motivation
- Aids in personal growth
- Road map for your personal goals



Ways to set your intentions...

- Visionboards
- Journaling
- Meditations
- Daily Affirmations
- Post It notes

Thoughts

become

Things

Visionboard



Why?

Creating a vision board helps you clarify and maintain focus on your goals, providing a visual reminder of what you aim to achieve.

It's a creative and motivational tool to keep you inspired.

Clarifies your goals

helps you to pinpoint and visualise your core objectives, making them more tangible

Serves as a daily reminder

keeping your goals in the forefront of your mind, reinforcing your commitment to yourself

Boosts motivation

can inspire and energise you to take action toward achieving your goals

Helps visualise success

seeing your goals in a physical form can make the process of achieving them feel more real and attainable.

Encourages creativity

allowing you to tap into your creative side, using images, words, and colours that resonate with your dreams and desires.

Keeps you focused

with all your goals visually laid out, it's easier to stay focused & prioritise your actions towards what truly matters to you.

How to create a Visionboard

Define your goals and be clear on what you want to achieve.

Gather your materials and select a board that suits you best such as canvas, corkboard, cardboard, you could even use your fridge using magnets to attach your items on.

Select your images, words and phrases that resonate with your aspirations and goals you wish to set.

Layout onto your desired surface and secure them.

Just make sure you display it somewhere where you will see it regularly.



- Cardboard or blank cards
- Coloured & patterned papers
- Scissors
- Craft Glue
- Pencil/Erasure
- Ruler
- Stickers/Patterned tape

- Pens/Paints/Coloured pencils
- Glitter/Crystals
- Rubber Stamps/Ink pads
- Pressed dried flowers
- Leaves
- Feathers/Shells
- Ribbons/Strings
- Stencils

Journaling



Why?

Setting a clear purpose for your journaling session, think about what do you want to achieve?

Focus in on specific areas of your life whether its personal, work, is it a passion or project based, staying focus helps you dig deep

Can clear mental clutter, write down your thoughts can provide a clear understanding & insights

Reflect on your goals and aspirations noting what drives you, journaling can reignite your passion and commitment

Review past entries and identify what patterns emerge, reflection helps identify growth areas and lessons learned

Use as a tool for self improvement, set targets, track your progress and celebrate milestones.

Prioritise goals, break down large goals into smaller manageable tasks & to assist make your aspirations actionable

Think of journaling as a personal conversation leading you to deeper self-awareness.

How to Journal



My potential is
limitless. I have the
power
to create the life
of my dreams



Set the scene

Finding a quiet, comfortable spot. Set an intention for your session, like exploring a specific question or reflecting on your day. Breathe deeply, relax, and let your thoughts flow onto the page without judgment. Consistency is key for meaningful outcomes.

Create a prompt

Here are examples you might like to use when starting out journaling:

What are your 3 greatest strengths,

What are 3 of your accomplishments, What are 5 things that make you happy, What are you grateful for today,

What challenges did you face today & overcome them.

Being honest in your entries means expressing your true thoughts and feelings without judgment.

Set a consistent time

Chose a specific time helps make journaling a routine.

When you create a habit it doesn't feel like an effort.

Have a think about when would journaling best fit your needs.

Consider whether you prefer the tactile feel of writing on paper or the convenience of digital journaling.

Review time

Reviewing your entries from time to time lets you track your growth and reflect on your journey. It can provide a realisation of how far you have come.

Just Remember...



You have the ability to create whatever you desire into your life. The tools I have shared will keep you focused on the goal. Be defined in what you wish to have and above all, you need to believe you deserve it and can have it all. So remember

Dare to dream big!

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events and services.*

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