

Daily Rituals

Conjuring Up a
Magical Life Using
Intention

by

Janette Stuart

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Hello, dear heart and thank you for your interest in daily rituals and conjuring up a magical life using intention. Intentions can help us set a course to follow to get our desired results or outcome.

Make sure to take time to enjoy your daily rituals so that you're at your best as you move through your day. Being out in nature is a fabulous daily ritual as well as daily self-care measures. Self-care is not selfish and not only does it benefit you, but it is also a contagion of good for those you influence.

You may want to add my Angel Angles page <https://www.facebook.com/AngelAngles11> on Facebook and the Angel Angles Angel Circle of Gratitude Facebook group <https://www.facebook.com/groups/191937398373942> to your daily rituals as a way to reduce stress, worry, and anxiety using the practices of gratitude, love, appreciation, and delight/devotion (GLAD).

As you read about in Chapter 3 of *The Ultimate Guide to Self-Healing, Volume 3*, our daily rituals and using the magic of intention help us conjure up the life of our dreams.

I am so grateful for you. I hope this booklet of intentions for various occasions blesses your heart and life.

Love,

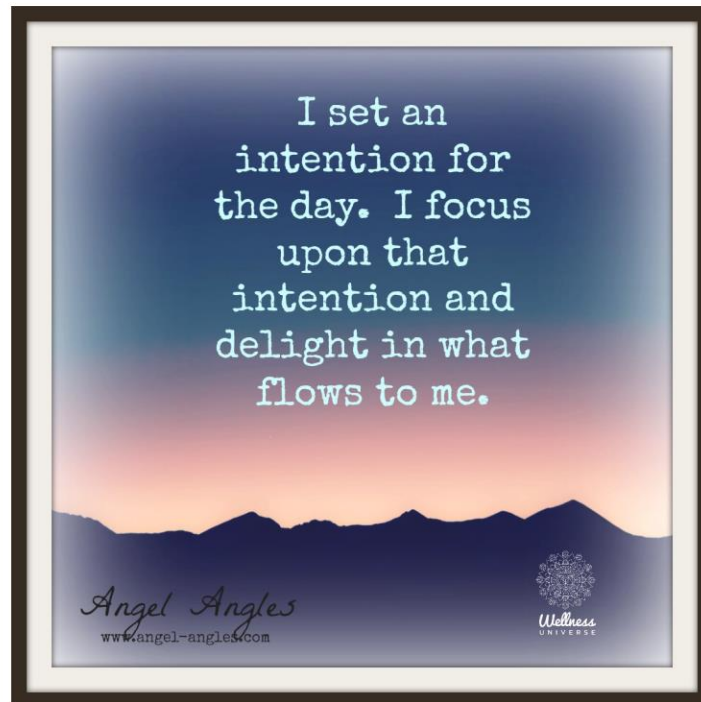
Janette

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From my book "On a Path of Joy" Vol. One -- Day 14 – Setting An Intention

Intention is such a powerful tool, dear one. Don't let its simplicity dissuade you of its worth. Setting an intention for the day is setting a course of action for your success by letting you be in control of not only where you go and what you do, but in how you will do it.

You choose it all: your attitude, the way in which you want to present yourself to the world and the way you choose to feel during the day. It's all up to you. If we don't set an intention, we just bob around at the whims of others like a piece of driftwood in the surf. It is empowering to take control of our destiny by setting an intention for the day and focusing upon that intention as we move throughout our day. We can always choose a higher feeling attitude, and we will be so grateful that we did.



Morning Intentions

Today I choose joy.

Today I choose love.

Today I choose peace.

Today I choose to be a beacon of light
in the world.

Today I let love guide my actions.

Today I choose rest and relaxation.

Today I choose ease when making my choices.

Today I choose to delight my inner child.

Today I choose fun.



Favorite Intentions

Today I choose to radiate love.

Today I choose to be loving with everyone I
encounter, even myself.

Today I choose to forgive.

Today I choose to see the best in myself
and others.

Today I choose to make wise decisions that
benefit my family and me.

Today I choose to rest and rejuvenate.

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Evening Intentions

I look back and find three things to be grateful for.

I allow the day to end peacefully knowing tomorrow is another day, another chance to begin again.

I allow myself the gift of evening self-care because I am worthy and deserving.

I forgive myself for anything I did or didn't do, which may interfere with my inner peace. I give myself grace.

I forgive others for anything they did or didn't do, which interfered with my inner peace. I give others grace.

I send blessings of healing to me, my loved ones, my friends, and the world.



Janette Stuart: Emissary of Joy at Angel Angles and Well-Being and Wonder is a beacon of love, joy, peace, and gentleness. She is a #1 Best Selling author, speaker, teacher, blogger, military mom, and pancreatic cancer survivor who uses the gift of her words and positivity to assist others to embrace their divinity using tools such as her series of devotions called, “On a Path of Joy” and 1:1 Angel Sessions.

As an angelic practitioner, she shares goodness and grace and the healing beauty of nature frequently in her work to inspire others. She has developed an inspirational card deck called “Love Notes from The Divine” and is co-creator of “Words of Wisdom Guidance Cards” and shares daily messages of love and encouragement on social media. She and her friend Becky Wilbur, have a venture called Well-Being and Wonder and host live events to encourage others to embrace self-care and ways to improvise, adapt, and overcome life challenges.

Monthly, she teaches an online gathering celebrating our inner child through fun, creativity, and gentle movement at her Sanctuary of Joy. Each month the focus changes all while indulging our inner child.

Janette lives in the San Francisco Bay Area with her husband Mark of 37 years and their boxer dog Spike who rescued them 7 years ago. She has a grown son who is proudly serving in the United States Coast Guard and is one of her biggest joys in life. She retired in 2015 from a career in finance and human resources with 36 years of service and joyfully now does the work of her soul daily. Janette loves cooking, being out in nature, writing, and has an impressive collection of stationery, pens, and journals.

Connect with Janette here:

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