a love note from Andrea before you begin...



My mission is to inspire YOU to createa blissful, magical, conscious life filled with health, abundance and LOVE. The time is NOW to reconnect with your own inner wisdom. Let's begin your journey toward welcoming more healing, joy and possibility into every area of your life.

HINT: It ALL begins with intention setting. Get clear, listen to your heart, and let the magic begin.

The intention-setting process in these pages invites you to reconnect with what truly lights you up. To learn more about my work and your healing journey, visit IntuitiveWellBeing.com

With Love and Gratitude,

Andrea

XO

ABOUT DR. ANDREA RAMOS

As a Psychiatric Mental Health Nurse, Doctor of Functional Medicine, and EMDR practitioner, I've spent decades supporting individuals through some of life's most difficult moments. My approach combines evidence-based care with a deep understanding that healing is rarely one-dimensional. Whether through functional medicine, mental health support, or intuitive guidance and mediumship, my goal is always the same: to create a safe, compassionate space where you feel heard, supported, and empowered to heal and grow.

I would be honored to walk alongside you on your healing and wellness journey

The Worksheet. Intention Setting: Goals, Dreams, Wishes, and Desires.

There are 3 segments of this ‘Goals, Dreams, Wishes and Desires’ worksheet experience.

+ You will first focus on what you want to BE.

+ Then move onto what you want to DO.

+ And thirdly, what you want to HAVE.

“You gotta be before you can do,

and you've gotta do before you can have.”

-- Zig Ziglar.

Remember that this is your sacred and private space. There is no need to hold yourself back or worry about getting it right. This is your time to tune into your desires and what you really want to create. Let your heart lead. You are safe to dream here.

Allow your intentions to run wild without getting caught up in exactly how everything will happen. Take a breath, listen to your intuition, and send those heartfelt intentions out to the Universe.

Now imagine that you’re looking at this worksheet in 12 months from now and most of the things you have written down have manifested for you.

Allow yourself to feel inspired... your heart has something to say.

BE. Part 1: What do you want to be?

You are worthy and you are enough, just as you are right now. These questions invite you to explore the person you want to be and the essence you wish to embody. Becoming your best self begins with honoring who you already are. Your values help guide the way.

What type of person are you? Name 3 of the highest values that define who you are...

1.

2.

3.

Name 3 people who inspire you and reflect qualities you admire.

1.

2.

3.

Imagine you are a leading world expert on a topic that lights you up. What is your title? For example: “I am now a leading expert in helping others heal.”

Write down the top 3 things you would like to be…(eg. bestselling author, celebrity chef, award-winning entrepreneur).

Do you believe you could make these things happen in the next 12 months? If yes, what are 3 steps you could take in the next few days to begin? Trust your intuition and take that first inspired step.

Being present is a vital part of BE-ing. What are 6 things that bring you the greatest sense of peace, JOY, presence and wellbeing? Make space for them daily. Your wellbeing matters, too.

What is your style? What feels most like YOU? It could be the things you love, the people you surround yourself with, or the way you express LOVE. Describe what lights up your soul: colors, flowers, painting, clothes, music, art, or those little everyday moments of magic.

Finish this sentence... let your heart lead.

I WANT TO BE...

DO. Part 2: What do you want to do?

Pretend that money is no object and that you have more money than you could ever spend.

What would you do? Dream big. Let it flow...

Would you still be in the business (or industry) you're in now if you didn't have to make money? If so, why or why not?

What do you do in your life to serve others? Sharing your gifts can bring purpose to your work and peace and growth to your soul. How do you bring love into the world?

What are the top 5 roles you play in the world? For example: mother, daughter, friend, partner, or healer.

Name 6 places you would love to visit in the next year... where is your soul calling?

What is one thing no one would guess you really want to do? Give yourself permission to name it. How can you make it happen?

What are 3 things that you would like to do and have accomplished 12 months from today?

Name 3 things/resources/tools that will help you to do this and achieve your goal.

HAVE. Part 3: What do you want to have?

This is the fun part: dream about what you would loveto welcomeinto your life! Clear intentions begin with what feels right in your heart. What kind of home do you want to live in? Be specific. How does it feel to be there?

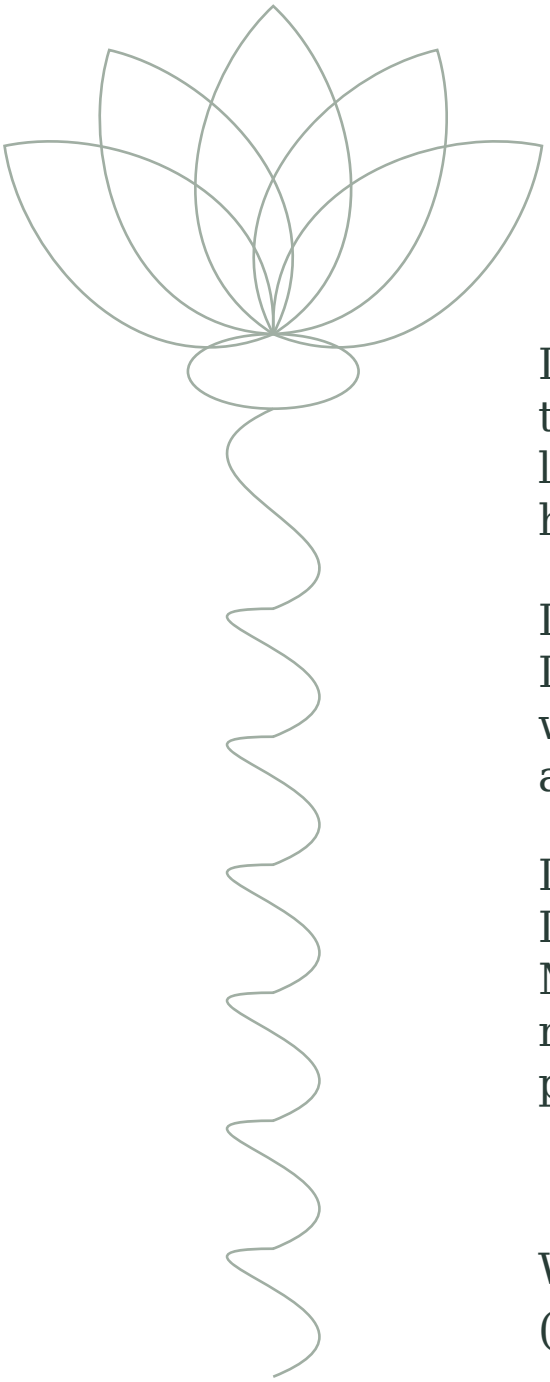
What kind of car would you like to drive?

What does your body look like? How are your energy and fitness levels? How do you feel? Imagine feeling supported, nourished and at home in your body.

$500,000 is gifted to you unexpectedly and you have to pay it forward... Who would you give it to and why? How would this make you feel? Let your heart guide you toward the people and causes you would love to support.

Design your ultimate wishlist with 12 things you would love to manifest... let your heart dream.

LAST STEP: Seal up this worksheet, put it away, and set a reminder to revisit your intentions when you need a little inspiration. Notice what unfolds and the steps you take along the way. In the meantime, TRUST + SURRENDER. Keep listening to your heart and making space for what lights you up. For more inspiration and support on your healing and wellness journey, visit IntuitiveWellBeing.com.
With LOVE and Gratitude, Andrea xo



DEAR UNIVERSE

I invite my heart's truest desires to flow through this pen, in this moment. May I listen to my inner wisdom with love and honesty.

I trust that my journey will unfold in Divine timing. With my whole heart, I welcome the guidance and support around me as I take each inspired step.

In the spirit of magic, gratitude and joy,
I begin this intention-writing session.
May it reconnect me with what lights up my soul and open my heart to possibility.

With All My LOVE...
(sign/date here)