



Yoga
illustrators.

free
WORKBOOK



SET YOUR
INTENTIONS
for 2021



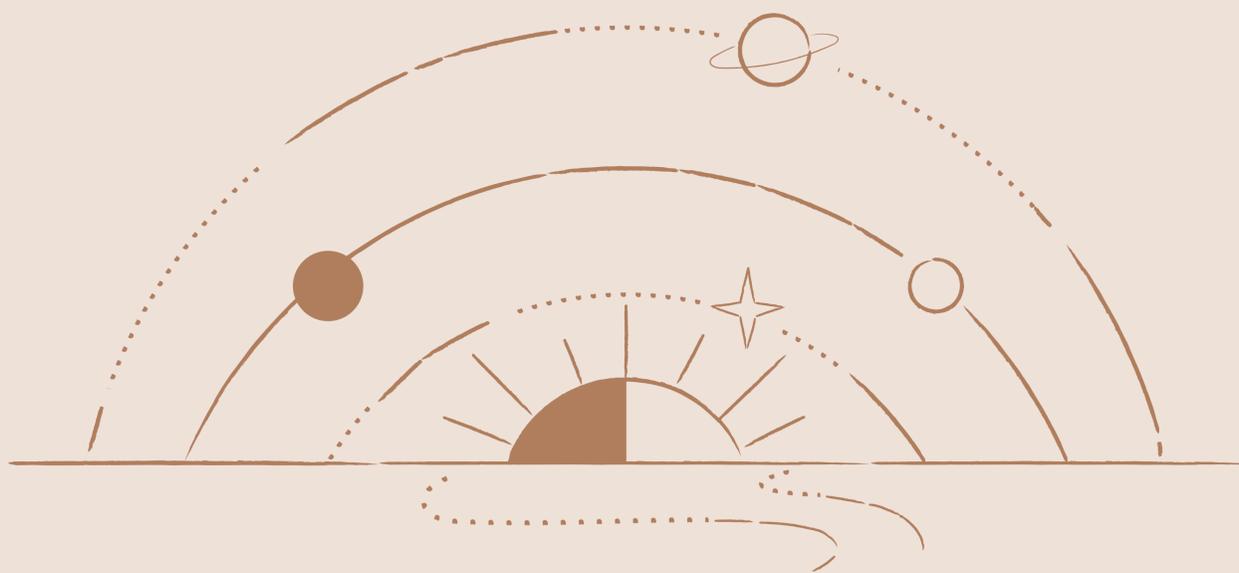


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01 INTRODUCTION

The power of intentions



Many yoga teachers begin their class by asking students to set an intention for their individual practice. This intention acts as a reminder throughout the yoga practice when our mind wanders or becomes distracted. I especially love those moments when my eyes closed, I try to repeat my intentions to keep my focus during a difficult pose. I'm sure you have experienced this more than once too!

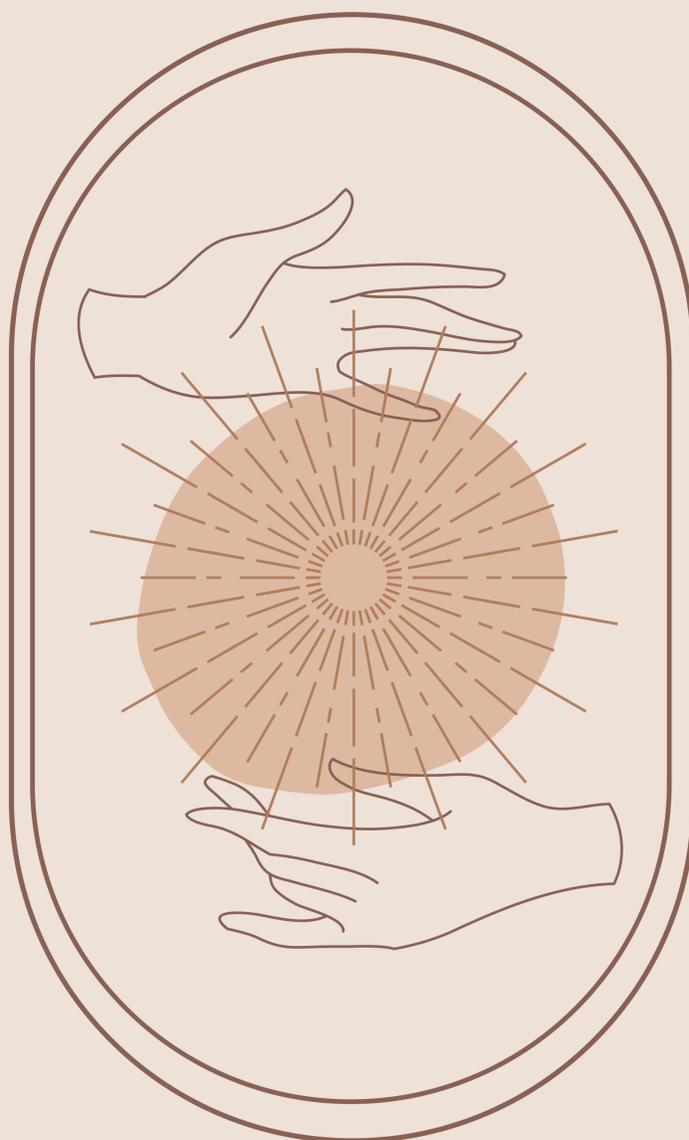
Setting an intention for our yoga practice acts like a metaphor to translate our life off your mat. As always, yoga is more an aspect of our lifestyle, rather than something we do just for exercise.

Intentions are powerful affirmations that help invoke a shift in mind state. As during our practice, intentions help us to stay focus towards our goals in life. It's so easy to get distracted nowadays, especially with social media.

Stay present and convert your intentions
into your reality.

Laura

CHAPTER



TWO

MOON 02 INSIGHTS

Just like the moon, we go through phases of emptiness to feel full again. By acknowledging this natural rhythm, we allow ourselves to move freely through our phases without judgement. Aligning your intentions with the moon phases will allow you to shift from productive periods into resting days that are as important as the more active period. Let's be honest, the frenetic rhythm our society imposes is not sustainable. Allow yourself to take a break when needed in order to nurture yourself. You will be able to come back into proactive phases with more knowledge and confidence.

In this chapter, I will guide you into January moon phases to show you their influence when setting your intentions.

MOON CYCLE

JANUARY



A MONTH TO CONNECT

As we enter January, you may find the energy that comes to you now is completely different from anything else you have ever experienced before. 2020 has left us with so many uncertainties that we all have started to accept the unknown.

“ I welcome the *unknown* with
confidence and *open arms*.”



This shift in our mindset will be beneficial for all of us. We are ready to live in the present moment more than ever.

Use the energy of January to connect with what is really important to you.

Let's be the artist of our own life in 2021!

Your fears belong to 2020.

Don't pay attention to what others might think of you. don't let their own limitations limit yourself. Dream big, nothing is impossible if you have a solid plan. Nurture your ideas to build a vision. Let's be the artist of our own life in 2021!

03 EVALUATE 2020

PERSONAL EVALUATION

01 Thinking of 2020, what are the first words you think of? Write them down without judging.

02 If you could go back and speak to the you that was about to start 2020, what advice would you give to yourself?

03 2020 has been a rough year for so many reasons. We all learnt a lot of lessons from it. What are yours?



2020 Gratitude *Lists*

WHAT ARE YOU GRATFUL TO THIS YEAR FOR?

2020 Self-care Checklist

HOW OFTEN DID YOU ALLOW YOURSELF TO:

0 1 2 3 4 5 6 7 8 9 10

NEVER

SOMETIMES

OFTEN

ALWAYS



TAKE A NAP TIME



MEDITATE



TAKE A BATH



KEEP A JOURNAL



DO MOON RITUALS



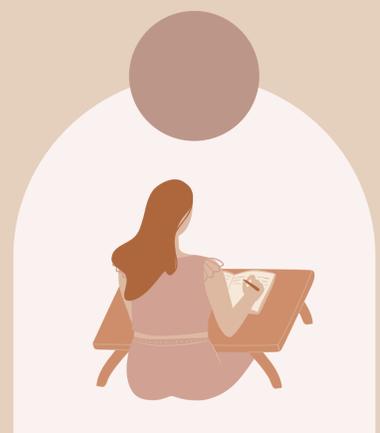
DO YOGA



REPEAT A MANTRA



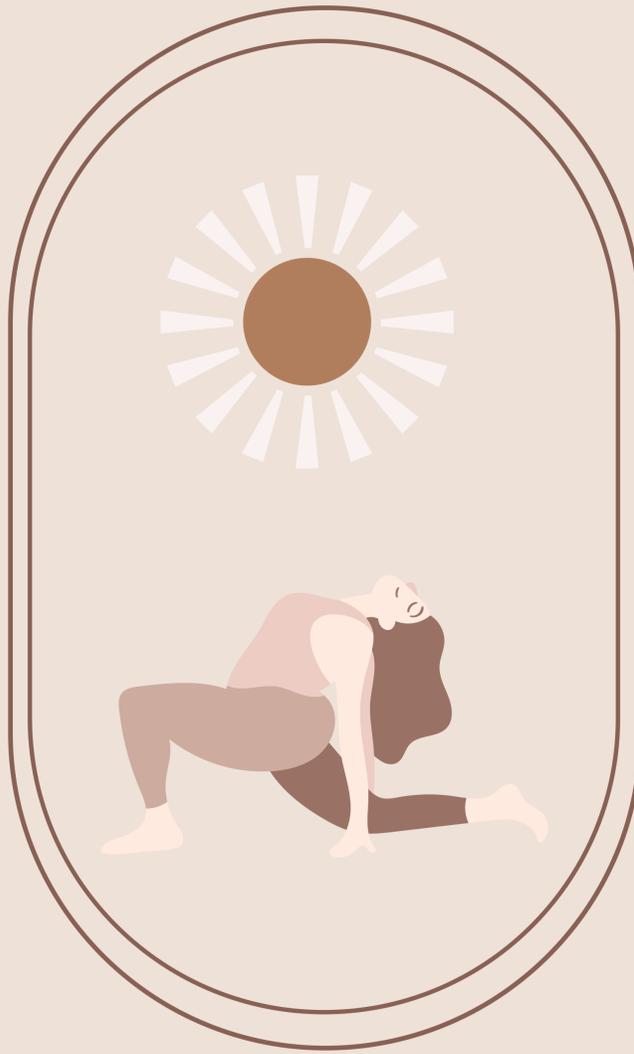
GO FOR A WALK OUTSIDE



GET CRAFTY & ARTY

CHAPTER

FOUR



IDENTIFY YOUR 04 NEEDS

A SWOT (strength, weakness, opportunity and threat) analysis is a common tool in the professional world to evaluate the past, present and future position of a company. It provides a new perspective on where the organization performs well, where its challenges lie and which path to pursue.

A personal SWOT analysis can do the same for an individual in pursuit of their goals, not only in terms of career. It provides insights based on your personality strengths and weaknesses for all the areas of your life. It allows you to identify what challenges you see ahead of you, and what opportunities are present around you now and might be in the future.

This is a powerful tool to help you with your personal development in order to become the best versions of yourself.

SWOT Analysis



STRENGTH

WEAKNESS

OPPORTUNITY

THREATS

SWOT ANALYSIS

DETERMINE THE OUTCOMES

01

METHOD ONE: MATCHING

Matching means connecting two of the categories to determine a goal. You can match strengths with opportunities to show you where to be aggressive and take action. On the other hand, matching weaknesses to threats shows areas that you should work on or avoid if it doesn't serve your goals.

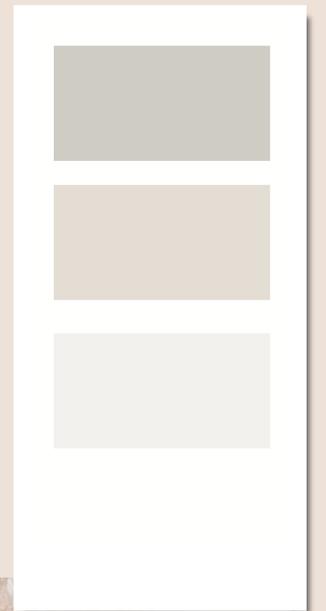
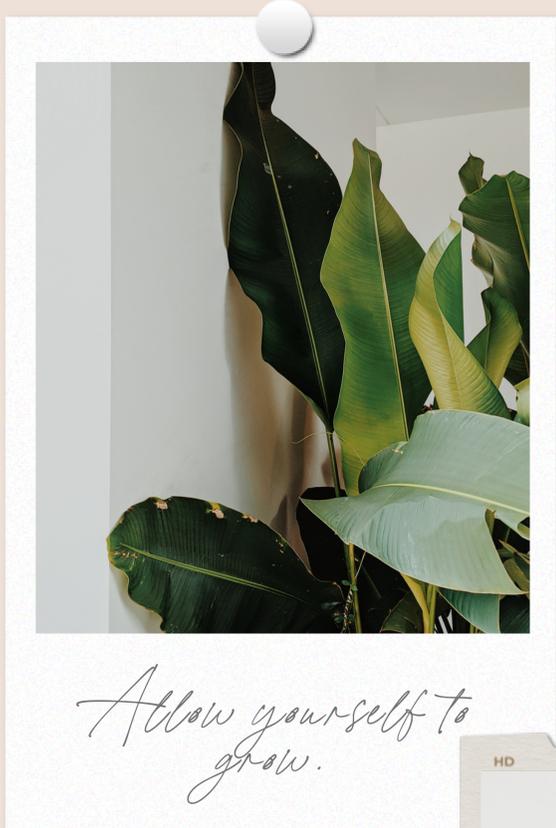
02

METHOD TWO: TURN NEGATIVES INTO POSITIVES

Convert your weaknesses into strengths, or threats into opportunities. This can mean growing a skill through education or finding a creative way to transform a weakness as a strength. Think of what would be the next step to transform those weaknesses into opportunities for strength.

05

MOOD *Board*

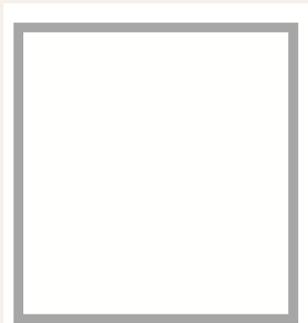
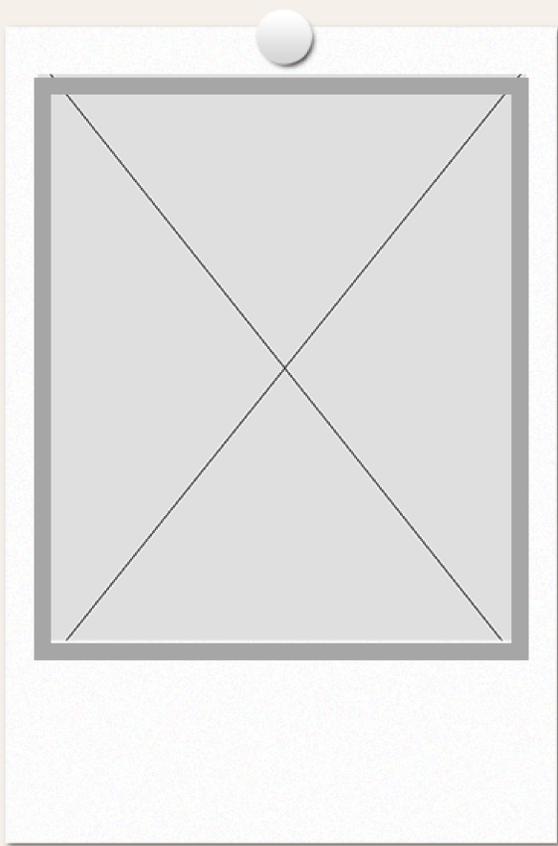


A mood board is the most efficient way to build coherence in your vision.

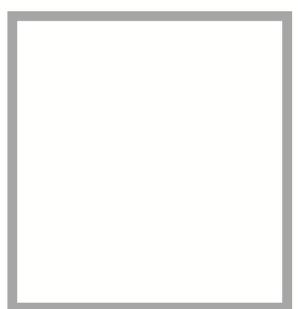
Define your dream mood for 2021.



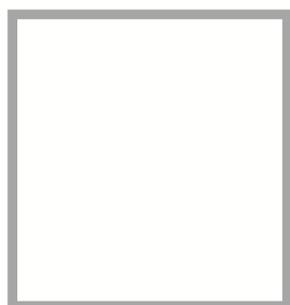
Mood



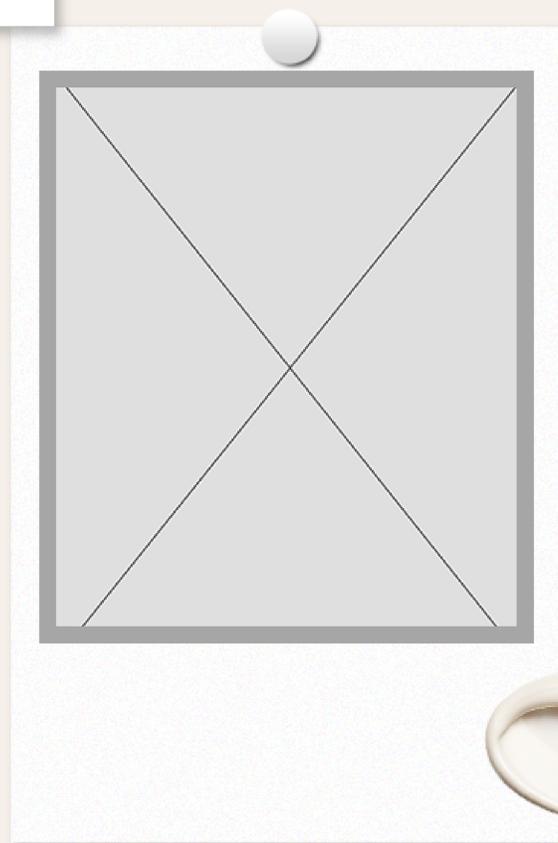
PANTONE



PANTONE



PANTONE



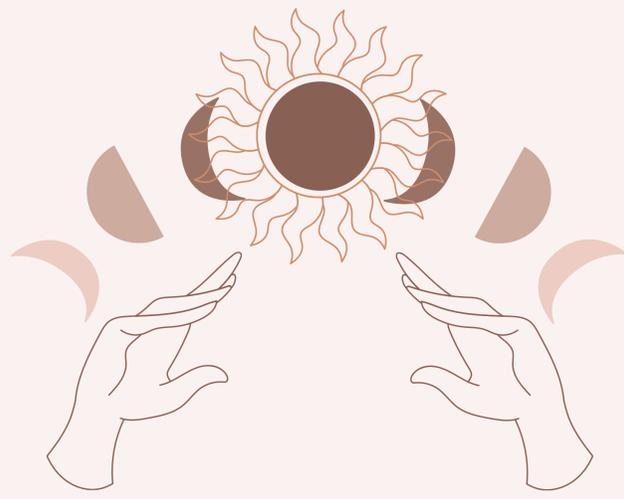
Board

06

DEFINE YOUR 2021 GOALS

Have you heard of S.M.A.R.T. goals? The S.M.A.R.T. goals acronym refers to goals that are specific, measurable, action-oriented, realistic, and time-based.

<p>S SPECIFIC</p>	<p>These types of goals are well-defined and easy to understand. When your goal is specific, it is easier to determine what you need to do to achieve it. For example, the general goal “feel less anxious” could be translated into the specific goal “deliver a speech to my class without feeling significant anxiety.”</p>
<p>M MEASURABLE</p>	<p>If a goal is not measurable, it’s hard to know when it has been achieved. An example of a measurable goal would be keeping an yoga diary for a week to develop an understanding of your feelings and challenges during the practice.</p>
<p>A ACTION-ORIENTED</p>	<p>Goals should state actions that are required to make progress. For example, your goal could be to feel less anxious about productivity. However, this general goal doesn’t state any actions that need to be taken. An action-oriented goal would be: “build a routine aligned with the moon phases.”</p>
<p>R REALISTIC</p>	<p>It isn’t helpful to have a goal that you can never hope to achieve. For example, it isn’t realistic that you will never have another anxious thought. A more realistic goal would be to accept that you will sometimes feel stressed, but that you have tools to decrease tensions.</p>
<p>T TIME-BASED</p>	<p>Well-formed goals are time-based. This means that you have set a time frame for them to be achieved to keep you focused. Examples could include little steps tracked per month or even per week to reach your bigger goal.</p>

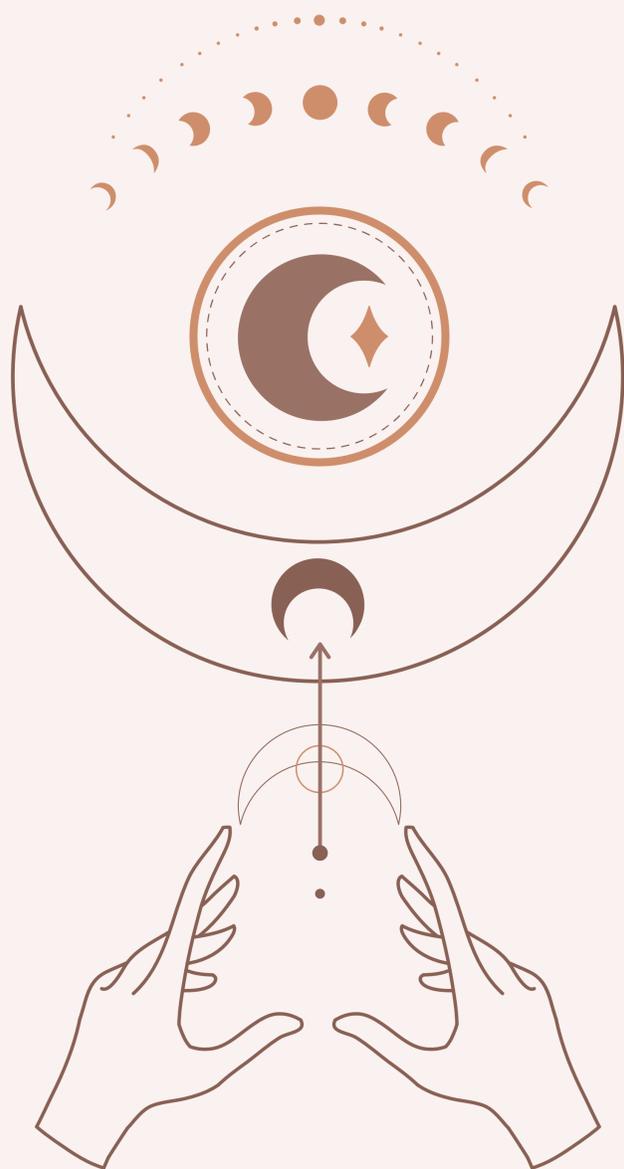


MY GOALS FOR 2021

Use the outcomes of your SWOT analysis to build your smart goals for 2021. Don't forget that they need to be aligned with your mood board to fit into your bigger vision.

GOALS: BE SPECIFIC & REALISTIC	HOW WILL YOU MEASURE IT	LIST THE ACTIONS NEEDED	DEADLINE

07 YOUR 2021 CALENDAR



*Believe in yourself. You are braver than you think,
more talented than you know, and capable of
more than you imagine.*

Roy T. Bennett

KEEP TRACK OF YOUR

My 2021 intentions



MONTH	GOALS	YES/NO	COMMENTS
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
JUNE			
JULY			
AUGUST			
SEPTEMBER			
OCTOBER			
NOVEMBER			
DECEMBER			

08

GOING DEEPER

WITH INTENTIONS FOR 2021



I started Yogaiillustrators because I couldn't find any similar account on Instagram. I was tired to see that most of the time, we tend to reduce yoga to a physical practice. I truly believe that Yoga is a way of life, an Art of living. I decided to give visibility to artists who illustrated the grace of yoga and to share my knowledge about yoga philosophy in the captions. I wanted to speak about the magic that happens OFF THE MAT.

The account started to grow quickly: the community was there, happy to discover new artists and to read about yogic philosophy. For 2021, I decided that it was time to offer a ongoing support to my community with a monthly membership, innovative and aligned with our values. So here we are, after several months of work, I can finally invite you to join another chapter of this journey.

The Moon Yoga

membership

by Yoga illustrators.



A complete moon guide

Each month, you will receive a complete guide with the major cosmic events, an astro forecast of the month, yoga tips to align your practice with the moon phases, journal prompt and other surprises.

Value 15\$

New moon and Full moon rituals

Each month, two guests will join our community to offer you two rituals. The guests are all experts in their field (yoga, meditation, astrology, ayurveda, etc.). The rituals will be live or in replay.

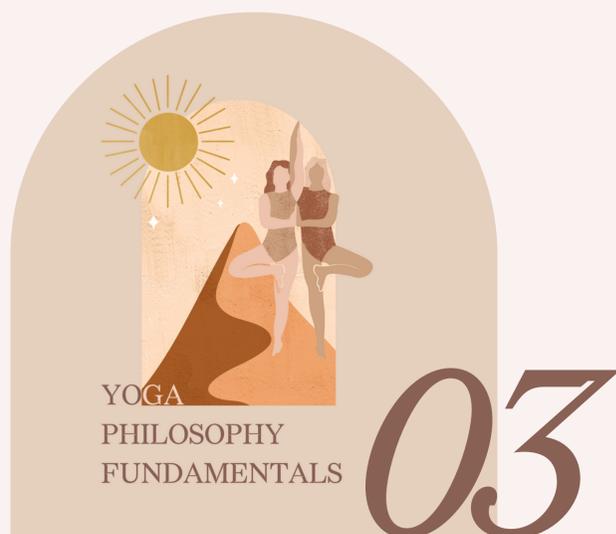
Value 25\$



An illustrated Yoga ebook

Each month you will receive an ebook about yoga to deepen your knowledge of the discipline. The ebooks will cover a large amount of subject, such as the philosophy principles, the chakra, the energetic anatomy, historical backgrounds, etc.).

Value 15\$



Bonuses

EXCLUSIVELY INCLUDED WITH THE MEMBERSHIP



01

A coloring page to release creativity

Following the Full Moon, we will feel the need to release tensions by creating. Each month you will receive a yoga illustration to color it yourself. You can use pencils, paint or any other art technique!

Value 5\$

Access to a private community

By joining the membership, you will have access to a private facebook group where you will be able to attend rituals. You can share your thoughts with other members and feel supported in your spiritual journey.

Priceless!



02

A 2021 Moon Calendar

You will be able to keep track of the moon phases and have a beautiful frame at home. Hang it in your sacred space to remind you to honor your phases, just like the moon!

Value 5\$



03

FOR ONLY 25\$

TOTAL VALUE IF PURCHASED
SEPARATELY: 65\$



JOIN US

The regular price represents a discount of 60% off if you would purchase every single product separately.

\$25 /month

You can cancel anytime!

[I WANT THIS](#)



Hey, I'm *Laura*

PAID ADS FREELANCER | YOGA TEACHER & STUDENT | FEMALE ENTREPRENEUR

A BOHO-loving girl, craft enthusiast, digital marketer, yoga teacher and student. Born in the grayish Belgium, I left the country to chase the sun in Southern Europe. I lived a few years in Italy before falling in love with Barcelona. After a few years working in marketing agencies, I decided to live by my rules by creating my own business. Today, I help solopreneurs and small businesses to

reach their DREAM clients through ads. I believe I was put on this earth to create. I love spending hours in creating strategies and designs to make the world a bit more BOHO! I'm inspired by the beach, old and messy architecture, bright, natural light, artistic interiors, traveling, and sunsets. I created Yogaiillustrators to spread the beauty of Art and Yoga, both as a journey for self-transformation.



THANK YOU

Namaste!

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SEND OUR GUIDE OR INSTAGRAM PROFILE TO YOUR FRIENDS.



LET US KNOW BY LIKING OUR POSTS ON INSTAGRAM.



SAVE OUR POSTS SO YOU CAN READ THEM LATER WHEN YOU NEED IT.

