

Verbal Aikido - 2016 Intention Calendar

January		February		March		April		May		June		July		August		September		October		November		December													
1	F	Idealist	1	M	Free	1	T	Affectionate	1	F	Playful	1	S	Voluntary	1	W	Hopeful	1	F	Gracious	1	M	Fascinating	1	T	Positive	1	S	Heroic	1	T	Mystical	1	T	Cautious
2	S	Memorable	2	T	Regular	2	W	Philanthropic	2	S	Serene	2	M	Solid	2	T	Rich	2	S	Original	2	T	Careful	2	F	Trustworthy	2	S	Maternal	2	W	Analytical	2	F	Understanding
3	S	Vivid	3	W	Animated	3	T	Elegant	3	S	Admirable	3	T	Illuminating	3	F	Confident	3	S	Available	3	W	Dedicated	3	S	Ethical	3	M	Discerning	3	T	Endearing	3	S	Virtuous
4	M	Emotional	4	T	Appreciative	4	F	Calm	4	M	Sincere	4	W	Universal	4	S	Deep	4	M	Independent	4	T	Masculine	4	S	Protective	4	T	Mobile	4	F	Respectful	4	S	Sweet
5	T	Admiring	5	F	Simple	5	S	Agile	5	T	Ingenious	5	T	Artistic	5	S	Luminous	5	T	Pure	5	F	Responsible	5	M	Impeccable	5	W	Practical	5	S	Epicurean	5	M	Empowering
6	W	Adventurous	6	S	Cultured	6	S	Accessible	6	W	Amusing	6	F	Gentle	6	M	Successful	6	W	Assertive	6	S	Ambitious	6	T	Benevolent	6	T	Charismatic	6	S	Tranquil	6	T	Decent
7	T	Forthright	7	S	Prudent	7	M	Honorable	7	T	Dynamic	7	S	Tactful	7	T	Sympathetic	7	T	Masterly	7	S	Moderate	7	W	Intuitive	7	F	Grateful	7	M	Conscientious	7	W	Thorough
8	F	Balanced	8	M	Reflective	8	T	Sensible	8	F	Observant	8	S	Consolidating	8	W	Eccentric	8	F	Loving	8	M	Bright	8	T	Active	8	S	Steady	8	T	Modern	8	T	Engaging
9	S	Free-thinking	9	T	Delicate	9	W	Restorative	9	S	Pragmatic	9	M	Dignified	9	T	Considerate	9	S	Thankful	9	T	Meticulous	9	F	Motivated	9	S	Competitive	9	W	Pleased	9	F	Realistic
10	S	Natural	10	W	Concise	10	T	Perceptive	10	S	Fraternal	10	T	Empathic	10	F	Determined	10	S	Philosophical	10	W	Knowledgeable	10	S	Explicit	10	M	Enjoyable	10	T	Watchful	10	S	Straightforward
11	M	Firm	11	T	Personable	11	F	Audacious	11	M	Musical	11	W	Implicated	11	S	Supportive	11	M	Gallant	11	T	Cooperative	11	S	Coordinating	11	T	Affluent	11	F	Energetic	11	S	Cozy
12	T	Poetic	12	F	Humble	12	S	Foresightful	12	T	Alive	12	T	Abundant	12	S	Benevolent	12	T	Cool	12	F	Focused	12	M	Enlightened	12	W	Resilient	12	S	Aware	12	M	Diligent
13	W	Healthy	13	S	Fun-loving	13	S	Contemplative	13	W	Federating	13	F	Enthusiastic	13	M	Neighborly	13	W	Constant	13	S	Passive	13	T	Demonstrative	13	T	Bold	13	S	Polite	13	T	Distinguished
14	T	Manual	14	S	Romantic	14	M	Excellent	14	T	Awesome	14	S	Pacifying	14	T	Respectable	14	T	Revolutionary	14	S	Loyal	14	W	Involved	14	F	Flexible	14	M	Magical	14	W	Satisfied
15	F	Curious	15	M	Guiding	15	T	Courteous	15	F	Patient	15	S	Meaningful	15	W	Blossoming	15	F	Charitable	15	M	Telepathic	15	T	Systematic	15	S	Outgoing	15	T	Assiduous	15	T	Refreshing
16	S	Enterprising	16	T	Mindful	16	W	Challenging	16	S	Easy-going	16	M	Accurate	16	T	Colorful	16	S	Upbeat	16	T	Objective	16	F	Broad-minded	16	S	Learning	16	W	Reliable	16	F	Modest
17	S	Smart	17	W	Kind	17	T	Sociable	17	S	Expressive	17	T	Ready	17	F	Resourceful	17	S	Liberal	17	W	Sure	17	S	Eloquent	17	M	Devoted	17	T	Direct	17	S	Hearty
18	M	Inspirational	18	T	Inventive	18	F	Open-minded	18	M	Efficient	18	W	Entertaining	18	S	Hospitable	18	M	Strong	18	T	Mysterious	18	S	Paternal	18	T	Remedying	18	F	Relaxed	18	S	Noble
19	T	Decorative	19	F	Humorous	19	S	Instinctive	19	T	Forgiving	19	T	Sexy	19	S	Caring	19	T	Talented	19	F	Imaginative	19	M	Magnetic	19	W	Well-informed	19	S	Dutiful	19	M	Logical
20	W	Spirited	20	S	Orderly	20	S	International	20	W	Amicable	20	F	Optimistic	20	M	Sophisticated	20	W	Faithful	20	S	Multi-faceted	20	T	Sharing	20	T	Listening	20	S	Equitable	20	T	Warm
21	T	Impulsive	21	S	Thoughtful	21	M	Lively	21	T	Welcoming	21	S	Beautiful	21	T	Merciful	21	T	Feminine	21	S	Unifying	21	W	Peaceful	21	F	Sound	21	M	Stimulating	21	W	Light
22	F	Witty	22	M	Global	22	T	Inclusive	22	F	Truthful	22	S	Smooth	22	W	Connected	22	F	Tolerant	22	M	Altruistic	22	T	Rigorous	22	S	Thriving	22	T	Old-fashioned	22	T	Nurturing
23	S	Meditative	23	T	Alert	23	W	Conciliatory	23	S	Ecological	23	M	Hard-working	23	T	Mellow	23	S	Brave	23	T	Casual	23	F	Friendly	23	S	Soothing	23	W	Specific	23	F	Constructive
24	S	Complimentary	24	W	Brilliant	24	T	Visionary	24	S	Just	24	T	Clear	24	F	Joyful	24	S	Insightful	24	W	Wise	24	S	Fruitful	24	M	Heedful	24	T	Pro-active	24	S	Merry
25	M	Diplomatic	25	T	Attentive	25	F	Deliberate	25	M	Reassuring	25	W	Delightful	25	S	Harmonious	25	M	Dependable	25	T	Excited	25	S	Extreme	25	T	Industrious	25	F	Concerned	25	S	Generous
26	T	Reasonable	26	F	Encouraging	26	S	Spontaneous	26	T	Punctual	26	T	Principled	26	S	Charming	26	T	Lucid	26	F	Specialized	26	M	Leaderly	26	W	Synergizing	26	S	Adorable	26	M	Festive
27	W	Quick	27	S	Purposeful	27	S	Introspective	27	W	Cheerful	27	F	Helpful	27	M	Passionate	27	W	Familial	27	S	Conservative	27	T	Fair	27	T	Composed	27	S	Safe	27	T	Traditional
28	T	Luxurious	28	S	Eager	28	M	Swift	28	T	Vigilant	28	S	Genuine	28	T	Authentic	28	T	Compassionate	28	S	Coherent	28	W	Adaptable	28	F	Decisive	28	M	Appealing	28	W	Melodious
29	F	Subtle	29	M	Studious	29	T	Astute	29	F	Persevering	29	S	Comfortable	29	W	Enabling	29	F	Organized	29	M	Intentional	29	T	Striving	29	S	Happy	29	T	Proper	29	T	Articulate
30	S	Fortunate				30	W	Environmental	30	S	Honest	30	M	Discreet	30	T	Humanitarian	30	S	Companionly	30	T	Keen	30	F	Innovative	30	S	Creative	30	W	Sunny	30	F	Fun
31	S	Content				31	T	Skilful				31	T	Tender				31	S	Spiritual	31	W	Clairvoyant				31	M	Courageous				31	S	Affable

A few suggestions on how to use your intention calendar:

1. Choose or find another word if the *word of the day* doesn't inspire you.
2. Explore (stretch) your word in order to understand what it means for you.
3. Aim to include your daily word in your actions, interactions or thoughts.
4. Continue to focus on any word that inspires you until can truly sense it.

