

The Intention Circle

Writing My Intentions

Tips for writing your intentions:

- As you write your intention, keep in mind that EVERY word has power.
- Say things in a positive way.
- Clarity and specificity is important.
- Eliminate self-limiting words such as *trying, hoping, wanting, to be, and not*.
- Don't name sickness in an intention. Focusing on the illness directs energy to the object.
- Eliminate self-sabotaging words or phrases.

Example intentions:

I intend that I am working in a role in a company where I am doing what I love in an environment that supports my growth and with people who are joyful to be with.

I intend that I am financially secure, able to meet all of my family's needs and always have enough to share with others.

Validating My Intentions

For each of your intentions, ask yourself the following questions.

At the end of the questions, if you are not pleased with the potential outcome of the intention, either discard the intention or ask yourself one last question:

“What can I do to re-word this intention to receive that which will give me the most joy and happiness?”

What do I really want?

Why do I wish to manifest this?

If I am capable of creating anything in my life, would I still intend for this?

If I could have it, would I take it?

What would change in my life by having this?

Am I willing to accept any change that this manifestation will bring about?

What must I give up to receive this?

