

The Intention Circle

Tips for Writing Your Intentions

- Say things in a positive way:
 - Instead of: “I don’t want to feel anxious when I meet new people”
 - Consider using: “I am excited to meet new people!”
- Be as specific as you need to be to generate that internal feeling of having your intention:
 - “I am now living my ideal life!”
 - “I am now living my ideal life of joy and contentment!”
 - “I am now living my ideal life of joy, contentment and financial independence!”
- Eliminate self-limiting words such as *trying*, *hoping*, *wanting*, *to be*, and *not*:
 - Instead of: “I want to get into graduate school”
 - Consider using: “I am grateful that I am now in the graduate program of my dreams!”
- Every word of your intention has power...look to see that you want to give energy to each word in your intention:
 - Consider the intention: “I am now free of cancer”
 - Do you really wish to give energy to the word “Cancer”?
- Eliminate self-sabotaging words or phrases:
 - Instead of: “I am happy that I will probably get this new job”
 - Consider using: “I am grateful that I am now working in a new job that I love!”
- Add “juice” to your intention to express the emotions you desire:
 - Instead of: “I am glad that I have good health”
 - Consider using: “I am thrilled that I have a vibrant and energized body, mind and spirit!”
- Suspend your belief in all of the stories that you tell about yourself and allow your heart and mind to be free to imagine that which you really want:
 - “I am now living in my dream home with a loving and passionate partner, working in a job that gives me a great feeling of accomplishment while allowing me time to make wonderful contributions to the community!”
- Don’t worry how your intention will be manifested! The “how” is not your job! Just let it happen!
 - “I am jumping with joy that I now have so many opportunities to meet incredibly energetic and positive people!”
- “Money” is a “how”. Allow your intention to manifest the best solution to your “money intention”:
 - Instead of: “I now have enough money to pay all of my bills”
 - Consider using: “I am so joyous that I am now financially free to do whatever I wish and live the life that I am passionate about!”
- **THINK OUTSIDE OF THE BOX! WHAT IS IT THAT YOU REALLY WANT?**

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Tips for Checking Your Intentions

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

- What do I really want?
- What will having this do for me?
- How will I know when my intention has come into being?
- For what purpose do I wish to have this intention?
- 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 will change in my life by having this?
- What changes in my life am I willing to accept that this intention will bring about?
- How will those changes in my life affect the other important people around me?
- What must I give up that I value to receive this?

After answering these questions for yourself, 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?