

INTENTION

I am clear about what I truly want.
I am willing to tell myself the truth.

I am willing to release my confusion,
my self sabotaging behaviors and my
limiting beliefs.

I take a deep breath in and let go.

I know I am deserving of all that is good,
and I feel so much joy as I know my
intentions will come into fruition.

I am focused

DEFINITION

Intentional people are ones who realize intentions are more powerful than wants, hopes, maybes and wishes. Like an archer, they get clear on their target, take careful aim and know nothing can deflect their arrow. They follow through and bring their ideas to completion.

QUESTIONS TO PONDER

What is it that you really want?

What type of person are you choosing to be?
One that wishes or one that decides?

How can you clear away any obstructions
to what you choose to accomplish?

ACTION STEPS

pick one for each day or each week

Determine your top three priorities in life. Be honest.

Commit to writing out your priorities and the actions
which will support the achievement of them.

Pick an object and focus on it for two minutes per day. Put
into practice the intention of not letting your mind wander.
Gradually increase the time.