

# Intention Setting

## Intentions vs. Goals

Intentions	Goals
Big Picture	Specific
Now Oriented	Measurable
Written in Present Tense	Action Oriented
Driven by Inspiration	Realistic
Open to manifesting in many ways	Time Sensitive

## Sample Intentions

- \* I celebrate and share the steady flow of love, money, energy and all forms of abundance in my life. I enjoy plenty.
- \* I live healthfully by eating nutritious food and enjoying physical activity that nurtures my body, soul and spirit.
- \* My business and variety of income streams are wildly successful ... powered by genius, infused with Essence Qualities, generating plenty of income and delivering extraordinary results.
- \* I effortlessly co-create offerings for others that support personal development and conscious evolution.
- \* I easily resolve the clutter, stuff and things in my environment that do not serve me. I celebrate a beautiful home, office and landscape where I am.
- \* I live in expanding waves of love and creativity, enjoying conscious loving relationship with my beloved.

# Questions to Support Setting Intentions

1. What is the big picture of what you want to manifest?  
(Write at least a paragraph on what you really want.)
2. What is important to you about manifesting that?
  - \* What is important about that?
  - \* What will be different in your life when you have it?
  - \* What will you gain?
  - \* How will you feel?
  - \* How will you feel, or what will you think about yourself?
  - \* How will you express your Purpose through this manifestation?
  - \* In what ways will this goal make a contribution and/or be of service to the world?
3. What do you want this process of manifestation to be like?  
(Easy, effortless, joyful, connected, intimate, collaborative, loving, respectful, honoring, enjoyable, etc.)
4. With the answers to #1, #2, and #3 and without censoring, write your intention statement. If it is easier for you, use one of the following sentence stems to begin your intention statement:
  - I easily...
  - I effortlessly...
  - I enjoy...
  - My...
  - I live...
  - I celebrate...
  - I am...
  - With passion I...
5. Refine your intention until you feel body sensations that resonate with your Life Purpose. Include the words that you wrote about in #1, #2, #3 that inspire and motivate you. Make sure it:
  - \* Reflects what you really want (as opposed to what you don't want)
  - \* Is written in positive language
  - \* Is written in the present tense as if it were happening now
  - \* Inspires, energizes, and motivates you
  - \* Is coming from "love" and not "fear"
  - \* Is expansive to allow manifestation to come in many ways