

CREATING INTENTIONS

What is an Intention?

An intention is like a purpose with a feeling. It is the reason why we do what we do. An intention is like a map-it guides us and shows us how to get to where we want to go so that we can live the life we want.



How to create an intention:

1. Ask yourself, "What good do I want to bring into my day?"

To create an intention, ask yourself: "What good do I want to invite into my day today?" Decide what kind of good you want to bring into your day:

LOVE-PEACE-SAFETY-SUCCESS-FUN-JOY-KINDNESS-FRIENDSHIP-CALM etc.

3. Visualize

Imagine or visualize how you will bring this good into your day. Ex. Ask yourself, "How do I imagine having a joyful day?" Perhaps a joyful day means playing happily with your friends, or doing well on your test. It's up to you to decide HOW you would like your intention to be fulfilled.

2. Affirm your intention

Once you have decided what kind of good you want to bring into your day, state an affirmation: Ex. "I invite more joy into my day today." Begin your affirmation in the present tense: Ex. "I am" or "I choose" or "I feel" or "I make" or "I create" or "I invite" etc.

4. Feel Gratitude

Once you've set your intention and visualized it, feel grateful in your heart as if it has already happened. Say "Thank you for this joyful experience." or "I am so grateful for this experience of joy today." from your heart.