

## INTENTIONS

“Let yourself be silently drawn  
by the stronger pull of what you really love.” RUMI

1. Take a moment to list all the things in your life you are not happy with, areas where you feel stuck, what is not working for you. Include all aspects of your life as you examine these qualities: work, family, health, money. Use the following page to make your list.
2. From this list of don't wants pick two that feel significant. Transform your don't wants into what you do want. For instance, if your don't want is *I don't want this job anymore*, your want could be *I am happy and fulfilled in my work*. Or, if your don't want is *I don't want this pain in my neck*, your want could be *My spine is strong and healthy*. Make sure you state your want with the focus on what you are looking to create. If you write your intention as *I want this pain in my neck to go away*, you are still focusing on what you don't want which is the pain in the neck.
3. From your two wants pick one that you would like to work with for the next 30 days. Make sure you write your want (intention) in the first person, present tense so your want or intention reads as if it has already manifested. Keep your intention, short, simple and to the point. The universe responds most effectively to clear signals.
4. List your intention on page 23, Daily Declarations.
5. List 5 things you are grateful for today.