

Intention-Setting Flow Exercise

Loosen your grip on what was
Open to what can be



Begin with a grounding practice

Consider: What do I want Less of in my life?

Write down the first 3 words or phrases that come to you.

◆ Look at those words, Notice:

- ▶ How does this make me feel?
- ▶ A sense of Contraction, Constriction, Heaviness

Consider: What do I want More of in my life?

Write down the first 3 words or phrases that come to you.

◆ Look at those words, Notice:

- ▶ How does this make me feel?
- ▶ A sense of Expansion, Freedom, Lightness

Ask: How do I want to feel?

What choice can I make *right now* that points me in the direction of that feeling?

Craft your intention statement from this place of choosing how you want to feel that results in bringing you more of what you want in your life.

- ▶ Use language that supports your intention

Supportive Language

Abundant
Complete
Consistent
Free
Happy

Unsupportive Language

Get Better
Less of ____
Must have
Sometime
Wish / Hope

Intention Examples

My intention is that I experience immediate complete and permanent healing of my shoulder pain and related issues, with all cells returned to their optimal alignment, in greatest good for all.

My intention is that I am grounded, centred, still and balanced, fully aligned with myself and trusting the highest path is always unfolding.

My intention is that humanity cherishes, honours and protects the earth, living in balance and harmony with earth's frequency, and we fully accept our role as conscious co-creators of a vibrant healthy planet.

