

Intention Checklist

A change in belief requires a change on three levels:

- * Thought
- * Language
- * Action

THOUGHT:

- **BE CLEAR** about what you want to manifest. Think about what you want, not what you don't want.
- **TUNE IN TO** your thought process during the day. Become aware of your internal dialogue.
- **LISTEN WITHIN** for ideas that could spark a new line of thinking. Ideas and inspiration are everywhere!
- **OWNER OR VICTIM?** Do you see yourself as a victim of circumstances, or as an owner of your life?
- **FOCUS** on what you're grateful for every day. Advanced practice: Give thanks for things you want that have not yet shown up in your life!

LANGUAGE:

- **BE AWARE** of the language you're using. Our words - both those we speak internally and those we speak to others - are tremendously powerful and creative.
- **AVOID** self-depreciatory remarks.
- **USE LANGUAGE** that honors your Self and others.
- **USE POSITIVE, UPLIFTING WORDS** that light you up and make you feel inspired!

ACTION:

- **WRITE DOWN** what you want in clear, positive statements. As simple as this sounds, it can actually take a bit of practice to do! For instance, many of us think we're stating what we want in the positive by saying things like, "I want to reduce my stress, lose weight, stop being so reactive, and stop eating so much at night." However, where the focus goes, the brain also goes. So what the mind hears in the sentence above is "stress", "weight", "reactive" and "eating at night." Instead, find words that fit the experience you actually want to have. Using the sentence above, then, we might say, "My intention is to experience inner peace and calm, feel light and good in my body, actively practice peace, and choose healthy, nurturing habits for myself before bed." Can you see/feel the difference?
- **READ** your affirmations daily, or even multiple times a day.
- **TAKE THREE-FOOT TOSSES:** Take small but consistent action toward what you want each day. If you can't take action, visualize yourself taking the action or embodying the change you wish to see. Your mind is a powerful creator!