

Setting Intentions

Once the importance of putting out energy is understood, it can be applied to setting an intention, and achieving goals along the way.

If you apply your will to manifesting set intentions, you can align each step with your ultimate vision of success. As you put out positive energy, and follow your true purpose in life—you will attract support.

PRACTICE EXERCISE:

Write down your intentions. Notice how much more accessible they can be when they are clarified. Writing also helps to take your goals from the mental plane into the physical plane—bringing you closer to manifesting your dreams in daily life.

1. Identify specific steps to your goals. Write down everything that comes to mind.
2. What is the timeline you foresee? What do you hope to accomplish in the next ten years? Five years? One year?
3. What are the minimum resources (time, environment, people, or income) you need to acquire in order to realize your desired outcomes?
4. Write down the steps within your immediate reach. These are the first steps you will have to take in order to achieve success, for we must all start from where we are.

