

Mindfully Nourished

LIVE A FULLY NOURISHED LIFE

Set an Intention that Sticks

"Success depends on where intention is."

Gita Bellin

Intention involves knowing why we are doing what we are doing; our ultimate aim, our vision, our aspiration. It is a proactive rather than a passive process.

FOUR STEPS TO SET AN INTENTION

1) Create a thought or belief of a certain possibility. What do you want to cultivate in the next 2 months? We must believe in a particular possibility for it to come true.

2) Speak your intention out loud. When we speak a new possibility for ourselves then all kinds of amazing coincidences, unforeseen opportunities, and unpredictable synchronicities are put into motion. The more you speak your intention out loud, the easier it is to believe it and rally the support you need around it.

3) Take actions that support those intentions. What actions can I take today that support me in... losing weight, getting a promotion, finding love, feeling more confident, etc.? Then take those actions daily.

4) We do our best to stay 100% committed to the intentions we set, without being attached to the outcome.

Our greatest chance of successfully manifesting our intentions lie in the engagement of all 4 steps.

- 1) BELIEVE IN THE POSSIBILITY.
- 2) SPEAKING YOUR INTENTION ALOUD.
- 3) TAKE ACTIONS THAT ARE CONSISTENT WITH THE FUTURE YOU DESIRE.
- 4) STAY 100% COMMITTED, BUT SURRENDER TO HOW IT TURNS OUT. It will likely turn out differently than you expect, but serve you the best.

"LIFE IS ABOUT THE JOURNEY AND NOT NECESSARILY THE DESTINATION."

Take out your journal and complete this sentence...My intention for the next 8 weeks is?

WHAT EMPOWERING STATEMENTS CAN YOU MAKE REGARDING YOUR ABILITY TO MANIFEST THIS INTENTION?

I am strong, capable, and know I can accomplish whatever I really want.

