



10 Tips for Writing Powerful Intentions

Positive intentions or affirmations are a powerful tool to tap into your inner optimist and tune out those pesky negative thoughts. Intentions work best when they are repeated regularly.

Repeating positive daily intentions in a relaxed state of mind with an attitude of gratitude can help boost your self confidence, self esteem and self worth. Intentions can apply to any aspect of your life you want to create positive change in, for example health, career or relationships. Here's some tips for creating powerful intentions.

1. **Create your own intentions.** Self-created intentions may have more meaning to you and therefore more power.
2. **Use the present tense.** Write intentions as though they are happening now. Rather than "I will have a calm and loving relationship" try "I am in a calm and loving relationship."
3. **Really feel your intentions.** Imagine your intention has already happened and feel the joy that accompanies that success.
4. **Make intentions positive.** For example, rather than saying "I have no fear." try "I am courageous."
5. **Keep intentions short and clear.** Think about what your innermost desire is and find the language that best describes it. Instead of "I am a millionaire" think about what you would like that money to bring you and affirm that instead. Perhaps "I am filled with joy and love."
6. **Be convincing!** When you say your affirmation really mean it. It makes a difference.
7. **Have faith.** Your dreams can become your reality. Plant the seeds and have faith they will grow. Try not to be so attached to the outcome. Just plant the seeds and be open to possibility!
8. **Take action.** Think about what you might need to do to make your intention a reality. For example, if your intention is to be more sociable, make plans to get out of the house.
9. **Give yourself daily reminders.** Doing your Intention Practice and wearing your bracelet daily is a great way of letting your intentions seep deep into your psyche. You can also write your intentions down and put them where you'll see them every day. Consider sticking them to your mirror, posting notes in your shower or loading up your intentions as a screen saver on your computer.
10. **Use resources.** Some days we need a little pre-made inspiration. There's plenty of pre-written intentions available if you need ideas. Find something that works for you. Here are a few examples:
 - * I am sure of my ability to do what is necessary to improve my life.
 - * I am free from the past and I welcome in new possibilities.
 - * I love myself and accept myself for who I am.
 - * All the things I want and need come to me.
 - * I am successful.
 - * I have a strong sense of inner peace and security.
 - * I have all the courage I need to try new things.