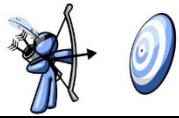


My Intentions



Chief Definite Purpose:



Gift I want to give the world:



Joy:



Health:



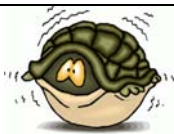
Relationships:



Profession:



Finance:



Fears I will overcome:

Name

Signature

My Intentions – Instructions

This sheet contains your declarations for the year in one place you can refer to each day. With clarity comes power. Power is the ability to act. When we have a clear *picture* in our mind, and in our heart, of where we are going, we have the power to act. Look out toward the year 2020 as you declare these intentions. *Intention* works at the deep level of purpose. It's more than a goal, it's your direction.

Write down your *vision* for each area of life. Make some time to consider your desire for each area. Check that each statement meets the following criteria:

- ✓ Stated in the positive.
- ✓ Initiated by you.
- ✓ Is mostly in your control. Initiated by you. Avoid saying how you want others to be. How do you want to be?
- ✓ Where, when, with whom? In what context?
- ✓ Sensory-based language. What will you see, hear, feel, smell, taste?
- ✓ Concise, clear, in childlike language. (This is the language of the sub-conscious mind.) Anyone could repeat it easily if you told them.
- ✓ Emotional language. Emotion causes motion.
- ✓ Has evidence. Anyone could verify that you have created your intention.

Examples to avoid: “I will be happy all of the time.” (no context)
 “My spouse will be happy all of the time.” (not in one’s control)
 “I don’t want to ...” (negative, no direction, no initiation)
 “I’ll be rich.” (no way to know if you’ve reached it)

Here’s a description of each area:

- Definite Chief Aim – Your clear primary objective, this year and beyond.
- Your gift – What do you want to *give* to the world? Life is unfulfilling when we only get.
- Joy – What are you going to do about fun? Spiritual fulfillment? Adventure? Inner peace and fulfillment? Is it meditation, taking up sky diving, or piano? Are you finally going to take the trip you’ve always dreamed of and stop waiting for “someday”?
- Health – What’s your ideal weight and body fat percentage? What about exercise & nutrition? Without health and vitality, all goals are hard to accomplish.
- Relationships – Family? Friends? Intimate? Colleagues? How do *you* want to be? What do you want to experience?
- Profession – What do you want to be the *best* at? Yes, the BEST (not better than others, just your best). What is your Right Livelihood? You are a piece of the puzzle of life. What does that look like?
- Finance – How much will you have in savings? Net worth? Income?
- Fears – What mainly holds us back from what we want, and what we want to give, is fear (the anticipation of pain). What’s the primary fear you holding you back from being who you want to be, doing what you want to do? Who would you be instead? We’ll transmute that fear in 2010. Fear transmutes into *curiosity*. Get curious about what life will be like without that fear.