
I AM A DOORWAY OF
NONJUDGEMENTAL SUPPORT IN
HEALING FOR MYSELF AND OTHERS.
I AM A CONDUIT OF LOVE AND
CLARITY

I RECEIVE PEACE AS
MY DAILY PORTION

I CONNECT QUIETLY WITH
MYSELF DAILY,
TRUSTING THE DESIRE OF MY HEART
ARE MANIFESTING NOW.

I AM FREE OF ADDICTIVE BEHAVIORS
I FIND SATISFACTION WITHIN AS I
COMMUNE WITH MY HIGHER POWER.

I AM CONFIDENT IN MY ABILITIES.
AND IN MY
DREAM
OF LOVE AND HOPE.

I RECEIVE ABUNDANCE AS A
MANIFESTATION OF THE LOVE I GIVE
MYSELF AND OTHERS.

I DIRECT MY THOUGHTS AWAY FROM MY
FAULTS AND THE FAULTS OF OTHERS. I
REPLACE COMPLAINTS WITH GRATITUDE,
I SEE WHAT IS POSSIBLE, RATHER THAN
THE IMPOSSIBLE.

I AM COMFORTABLE WITH MYSELF
AND OTHERS. I AM GROUNDED AND
SECURE, TRUSTING MY HIGHER
POWER.

I AM AT PEACE WITH MYSELF AND THE WORLD
AROUND ME, INCLUDING_____.

Fill in the blank with a challenging relationship or situation.

I AM RENEWING MY MIND DAILY TO
THE TRUTH THAT LOVE HEALS

CREATING INTENTIONS

What is an intention?

An intention is defined as a purpose, but also it can be something you are aiming for.

How does an intention differ from a goal, is it just semantics?

A goal is an “end point”, an intention speaks of a desire of the heart, a more encompassing vision.

How to form an Intention

The key in establishing an intention is to keep it simple and concise Your intention is like the point of an arrow that you send flying across time and space. As you keep it in the forefront of your mind, it paves the way for the realization and fulfillment of your vision.

Focus on two intentions

A primary life intention, I see myself...

Fill in the blank with your utmost dream, something you can barely imagine or hope for.

A block removing intention, I am statement(s)...

Fill in the blank with an “I am” statement that expresses a positive affirmation of a trait or quality you would like to have more of in your life.

Before you fill in the blanks take a note pad and do some thinking on paper. Take your time and play with this like a creative writing project. Have fun, see yourself in the future. Set aside a quiet time to focus on this activity. It’s an investment into knowing yourself better!

Primary Life Intention

Write down your wildest dreams for your life. Allow yourself to dream a dream of your life like a movie script. Jot down what are your core values. For example you may want a lovely home, but include a notion of how you would earn the money to buy that home. What kind of life would you be living in that home. What would your values be?

Block Removing Intention

What holds you back? Where would you like to see improvement in your life in terms of habits, behavior patterns. This is akin to taking a “fearless moral inventory” made famous by 12 step programs! It’s good stuff, but go gently in this area. Be honest, but not harsh with yourself. As you write your thoughts down, imagine you’ll be discussing this with your child self...don’t hurt your own feelings and allow the inner K- Fuck radio to go on a terror spree!

Refine and distill what you've written into statements.

Primary Intentions Examples

I see my life and my work as rich and fulfilling doing _____

I actively pursue my vision of _____

I am empowered to realize my dream of becoming _____

Block Removing Examples

I enjoy moving my body and creating a stronger physical self

I am able to eat healthy food choices only when I am hungry

I am confident of my abilities to _____

When you have distilled down to a few statements in each category, see if you can combine them together in a shortened version that is concise, easy to remember and say.

You may select more than one "I am" statements.

You can use the Intentions template page to create your own to print. Or select some of the preset intentions for starters. Post these where you can see them and read aloud to yourself daily. Especially ones that relate to situations you find yourself less than comfortable with.

You can create specific I am statements for situations you are anticipating. Such as a family gathering where your sense of balance may be disturbed, a job interview, a date, a serious talk with someone you work with or love.....

Go forth and create your life with thoughtful intention!

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Intentions Template

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