

# Create your Intention

1. Write your Desire \_\_\_\_\_
2. Write the feeling beneath it \_\_\_\_\_
3. Brain Storm some ideas of a new intention for you healing/a future/a specific area of your life.

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How does this make you feel? On a scale of 1-10 how excited, passionate, in love, easy, aligned, attuned does this statement make you feel?

If its not a 10, then you haven't got there yet. No worries, it will come. But no use in settling for less than a 10.

## Steps for Creating a Positive, Passionate Intention that you can Surrender to:

1. After doing something (meditation, exercise, earthing, forest walk, etc) that connects you to your true self, write down your intention by capturing whatever arises out of your gut and heart spontaneously and naturally.
2. An intention is a value, an idea, a longing. Its not a goal or an outcome, but a way of being.
3. Never listen to what your brain tells you after something negative happens. Unless you need to listen to save your life, or get to safety, your brain will never tell you about your deepest desires and longings. It is only concerned with safety. Thank your brain for looking out for you.

Keep Refining Your Intention or write a few for some different areas of your life.

