

Tips for Writing an Intention Statement

- Advocate only what you want – avoid thinking and writing down what you want in a negative way.
 - Example:
 - “I will not worry about debts”.
 - Think or write – “I am financially abundant”
- Write as if it’s happening now
 - Example:
 - I am confident
 - I am worthy
 - I am joyful
- Focus on feeling from the heart – not intellect
 - Example:
 - I am happy with my life
 - I am at peace
 - I am happy and satisfied with my success
- Avoid words like “try”, “but”, “if”, “might” and “could”
 - Example:
 - I will try to stay positive
 - I could be successful today with my work
- Always write statements with gratitude in mind
 - Example:
 - I am surrounded by people who like me
 - I am grateful for my best friend
- It needs to be believable – If it is not believable or credible in your eyes, you will not be able to keep only positive thoughts about it.
 - Example:
 - Instead of “I am financially abundant” say “I am willing to be financially abundant”
 - Instead of “I am loved” say “I am open to love”
- Coach yourself on “self-talk” – when you catch yourself contradicting your intention, - “nobody loves me” – correct the thought immediately – “I am loved”
 - Example:
 - “I am not experienced/talented enough to apply for that job”
 - “I have a lot to offer to that job”