

## Positive Intentions

Setting and living your intentions allows you to focus on who you are in the moment, to recognize and live your values, and to raise your emotional energy, which in turn raises your physical energy.

... Intentions give you purpose, as well as the inspiration and motivation to achieve your purpose.

Intentions are not the same as setting goals. Goals help you create a plan and stay on track. It looks to the future and not living in the moment. It places an emphasis on what we have done. Intentions are deeper than goals. They allow you to focus on who you are in the moment and therefore what you want to accomplish in that moment. They remind you on how to live each day. Intentions give you inspiration and motivation to accomplish your purpose and your goals.

AN intention is how you want to feel or be instead of wishing your felt better. It puts the power in your hands. It allows you to stay conscious of what you want to live not how life is treating you.

Examples of intentions are:

- I feel thoughts of love towards others
- I am grateful for everything I have
- I am focusing on the good energy around
- I am focus on the positiveness of others
- I feel joy today
- I reflect positive energy and acts of kindness on those around me

Concepts about intentions”

- No limits
- They have a ripple effect – how you feel, and your energy affects other people
- Good Intentions make you and others more effective
- Living in intentions keep you out of your head and problems and perceived limitations
- Intentions make you aware to things you may have otherwise missed
- Intentions do not have to be set just for the moment
- Intentions can be about everyday living – each and every day

