**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”