

ELEGANT

Intentions

INTENTIONS...

What are they?

We have all, at this point, come to know about intention. We have been told to set them, to prepare them, and I over the years made this a fundamental part of my own formula.

One of the things I hear a lot is:

“How do I set my intention?”

and

“How do I know if I am setting the right intention; the one that will move me closer to my desired results in life?”

Whenever I set out to “accomplish” something, I am always focused on Being (Indie), Enjoying (Frenchie) and Doing (New Yorker), but I do not even start the process until I have done one simple step.

That is what we are going to be covering in this class.

- What is the difference between an intention and an elegant intention?
- Why don't we just SET intentions? *(This one actually threw me in a loop, myself)*
- What do we do then? How can we ensure if it will be effective and supportive to our process?

Answer the questions below without much thought. Just go into that place of knowing (your Indie) and respond from where you are now.

1. My definition of Intention is...

2. I currently use intention in my life in the following way(s)

3. I feel I honor and include intention in my life in a way the serves me - Yes or No, Why?

4. Why do I not use intention as often as I should?

5. The difference between an intention and an Elegant Intention is?

6. What is the importance of an intention?

7. Why do I need to stop “just setting” intentions?

8. How will intentions help me to become more of who I am here to become?

What is the one thing I can do to start moving towards intention and allow it to support me in an effortless, most elegant way?

How can I ensure that the intention I am activating is the right intention?

My intention is:

I will allow intention to support me by:

JOURNAL *Exercise*

- What am I required to release to allow intention to become more of a living force in my life?
- How is my new understanding of intention (*and making sure they are elegant*) going to serve me in every part of my life as I move forward?