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Setting intentions Process

Follow these steps to set intentions and vision for the beginning of a new year (*or any time frame you choose*).

- Get comfortable and centered in whatever way works best for you. Listen to one of the self hypnosis tracks, meditate, etc. Have some paper and pen nearby to write when you are ready.
- Write yourself a letter. At the top of the sheet write this sentence "I am so grateful (*this year or period of time*) has been amazing because..."
- Complete this sentence as if you were writing at the end of your time frame (such as on December 31, 2011). Let it flow freely from the deeper inner knowing of yourself. Write about how you experienced your life. So instead of just talking about the weight lost, smoking stopped, new car, job or home, talk about how you feel about experiencing living as a result of the events. *[Example: I'm so grateful for my new job/career. It is wonderful to have enjoyable work that; is using all my talents and skills, I am well compensated for, and have good people I enjoy working with who appreciate me and what I do.]*
- When you are done, read what you have written and look for the patterns and experiences you desire for the coming year. This will give you clues to what your intentions are. *[Some examples would be; Content in my career and life, living a balanced life with joy, thriving in my relationships and health, living free and happy, creating more play in my life, etc.]* The intention is what experience you desire to have. Now see if you can condense it down to 1 positive sentence. Write this down at the bottom of your letter.
- Look back at your life as a movie and notice what your themes have been. We all have themes we live. A theme is how you live your life. Unfortunately for most people the themes of their lives are pretty unconscious. *[Some examples of themes would be; something always goes wrong, chaos, struggle, ease, unappreciated, joy, success with ease, burdened, hard work, no one loves me, loving life etc.]* Consciously choose a theme. Some people like to borrow tag lines from commercials such as; I'm loving it or Life is good. You can also create your own such as; Surfing life with ease or going for it with joy. Write this on the bottom of your letter also.
- On a business card sized piece of paper write down your 1 sentence intention and your theme. Keep this card where you will see it regularly.
- Take your letter of gratitude you wrote and seal it in an envelope. Put a note on it what date you want to open it *[such as for the end of the year]*. Put it in a safe place where you will remember it! Add a note in your calendar to remind you. Open it then and see how it matches your year.
- An additional step is to write down what you are willing to give up to fully experience living your intention and your theme. It could be things like worry, anger, judgement, struggle, chaos, etc. Write whatever is appropriate for you. Burn or shred this paper as a symbolic way of releasing what you have written on it.

Break Free & Thrive!