

7 ways to
MAKE YOUR
INTENTIONS
SUPER
POWERFUL

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Here are 7 ways to set a **CLEAR FOUNDATION** for your **AMAZING INTENTION** and making them **SUPER POWERFUL**.

Firstly, what is an **INTENTION**?

An intention is a strong inner statement for something you want to change or that you desire. An intention is way more than passively setting a goal with it's 'maybes and might nots' coming into play.

An intention is clear, focused and comes infused with your clarity, your integrity and your aligned energy.

You need to get really **SPECIFIC** for what you desire. Use one clear sentence for your intention i.e.

- I am going to study naturopathy
- I will be aligned to my values
- I will have more of a voice in my life

So how do you turn your **INTENTION** into a reality. If you believe in your own abundance, your own way of creating 100% then there is alignment. When you hold your intention as a focus for what you desire, which in a symbolic sense may be like a fortress, where **NOTHING** at all could sway you from your idea for you then that idea will come to fruition.

When I did my coaching training, I learned that when you pull any intention, any ideas that matter to you from your head into your heart then you step into full creation. This works because your alignment, your inner voice places you in a position of **CREATIVE GENIUS**.

Here's some top tips that have certainly worked for me and for my clients.

1) **TRULY START RECEIVING AND BELIEVING**

You will know your own determination at times where nothing takes you away from your idea & then then it happens. But we often state an intention & then a story or play comes into our head & immediately our focus has shifted to an 'expected outcome, something we wish might happen. The swaying of the idea might come from listening to others, relinquishing ideas as fanciful to being influenced by the media. Stay true, aligned and focused.

2) CREATE A MANTRA

Notice all the ways that your subconscious pops in negative thought and beliefs. The subconscious negative self-beliefs like:

I can't do that. I don't know who to ask or how to get that done. I'm bound to fail. These are old beliefs and triggers from your past and have no place in your present if they no longer serve you.

Stop or block those thoughts and keep that mantra playing!

3) VERBALLY SHARE YOUR INTENTION WITH A FRIEND

Take some time here before you choose that friend with which to share. Trust your intuition and gut feeling here and choose someone who will empower and stay connected for you. Ask them to step into a role of accountability.

4) MEDITATE

Meditate for focus, for your wellbeing and for clarity. There are thousands and thousands of meditations to choose from just type in the key words of your intention in Google or whatever search engine you use and watch what pops up. Choose one that resonates with you for the time you want to spend. Five-minute meditations are every bit as energetically charged as long ones. Really get into the feeling of what alignment and being present feels like.

5) VISUALISE ON THE OUTCOME

Visualisation keeps the flow and intention alive. And if there appears to be roadblocks along the way drop the judgement and use them as stepping stones (which will definitely give you more knowledge and more depth to your outcome)

6) ASK FOR WHAT YOU WANT, THEN LET GO

Before the day begins, ask (or state) what you want. Think about it, revel in it, vision it, and then resist the urge to control every aspect of your day so that whatever you desire will happen in its own way. In other words, trust the process. Trusting the process means that you have alignment, authenticity and respect for the process of not only your creation but also RECEIVING the creation.

7) PRACTICE GRATITUDE (GRACE WITH ATTITUDE)

A great way to practice gratitude is to have a journal. Start by writing down 3 things in the morning and 3 things at night. Get to really know the feeling of gratitude. Gratitude can infuse your intention with great words. Words that have value and clear meaning for you.

When you put your heart or 'heart song' into your intention you will get to feel if your intention is right for you. Make your intention for yourself rather than making it great for others. Place all your value on what is bubbling from within and start stepping into more of your greatness.



Want some help with creating and connecting to your desires?

Email: tracy@turningstonelifecoaching.co.nz and make contact. I'd love to hear from you.

Coaching can be face to face or via Skype.

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