

## HOW TO APPLY THE POWER OF INTENTION

**What's one intention you would like to focus on?**

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**Which obstacles might get in the way for you to manifest your intention?**

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**Set an "implementation intention", a plan of action to address each one of your obstacles.**

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**Have clear goals. Make a list of all the things you can do to get closer to your intention.**

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## **CONSCIOUSLY CREATE YOUR DAY**

Your thoughts are a powerful engine, which fuel your day. I personally use my thoughts as a vehicle to take me where I want to go. Here is how I do it.

As soon as you wake up, made the conscious decision on HOW you want to FEEL for the day. Then, pick a FEELING and tune in to that feeling's energy by remembering a time where you experience that feeling in your life.

By tuning in to that feeling, you are actually setting your intention for the day. Then, visualize with great detail the situation, play conversations inside your mind, and, most importantly, become aware of the sensations of that particular feeling in your body.

You will notice that this simple, yet powerful exercise, works like magic, and has a huge impact on the way your day unfolds.

This energy will help you attract the situations, the people, and the opportunities that are aligned with the FEELING that you consciously chose to tune in for that day. The more time you dedicate towards consciously holding this feeling in your system, the more power you will have at your disposal to manifest your deepest desires and realize your dreams.

Yes You Can!