

# Intention Examples

**Let the power of intention lead the  
way.**

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*Intentions are less about what you do and more about how you show  
up.*

An intention is a clear and positive statement of an outcome you want to experience. An intention is a feeling, a vision, a heartfelt desire that guides your activities, thoughts, attitudes, and choices. Hence, your intentions influence your actual experiences.

A goal is an end result that you're looking to achieve. It's generally based on what you should want/ feel/ do according to society, media etc and it can be inflexible for eg. I'm going to go to the gym three times a week.

An intention is more general and **it's about the state you want to cultivate** rather than the end result. Although intentions start with a mental picture they require focus, action, and positive energy to manifest. So perhaps instead of setting goals to go to the gym, you could set an intention to honour your body, or a word like energise, or strength.

### **The power of Intentions**

When you're clear on your intention, you will find yourself taking inspired action that is in true alignment with you. You also quickly manifest what you desire because you're clearly putting out words and actions that are in alignment with the intention that you want to attract into your life.

Goal: *"I am going to loose a stone."*

V's

Intention: *"My intention is to nurture and nourish my body"*

- ☞ I intend to respond instead of reacting
- ☞ I intend to work efficiently
- ☞ I intend to meet each challenge with 3 deep breaths
- ☞ I intend to move slowly through my day
- ☞ I intend to focus for 1 hour intervals with a break after each
- ☞ I intend to be present to each email and video call as best I can
- ☞ I intend to lead by example.
- ☞ I intend to be grateful today
- ☞ I intend to stop taking things personally.
- ☞ I intend to make meditation a more important part of my lifestyle.
- ☞ I intend to make someone smile every day.
- ☞ I intend to surrender to the things that I cannot control
- ☞ I intend to be in tune with the moment.
- ☞ I intend to appreciate everything in my life as much as possible.
- ☞ I intend to trust the process of life.