

CREATE AN INTENSION EXERCISE:

1. Print out this page
2. Make as many copies as you want
3. Clip out the box below
4. First, replace the blanks with the "Objects of Desire" from your Thought Box
5. Using, additional copies, fill in the blank Intentions, using the language of Soul
6. Set aside, in a small bowl, if you'd like so you can see them often



Create an Intention

Fill In the Blanks

I am _____

I already have _____

My life is filled with _____

I am receiving _____

