



## Intention Setting Guidelines/Examples

1. **Be Positive and Affirming** Your intentions should say what you want, not what you don't want.

**For example:**

- A Weak Intention: My intention is not to get angry or anxious when I meet with my Ex.
- A Powerful Intention: I intend to breathe deeply to help me relax and to calmly hold my boundaries when I meet with my Ex.

2. **Assume success**—Don't build qualifiers into your intentions.

**For example:**

- A Weak Intention: My intention is to remain peaceful inside myself when my Ex picks up the kids, as long as he's on time.
- A Powerful Intention: My intention is to remain peaceful inside myself when my Ex picks up the kids.

3. **Come from your values and beliefs** Your intentions should be based on what you want and what you believe is important, not based on someone else's opinions.

**For Example:**

- A Weak Intention: Based on input from my family, my intention is to stand my ground with my Ex while we negotiate the summer vacation schedule.
- A Powerful Intention: My intention is to hold my boundaries, while being flexible where I can, when I negotiate the summer vacation schedule with my Ex.

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