



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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Intention Setting Worksheet

Type of Intention

Take a minute and jot down a few notes under at least one of these components of your intention (your intention can include one, two or all three)

- 1. How do I want to feel?:
- 2. What do I want to do?:

3. What outcome do I want?:

Timeframe

Is your intention about a specific meeting or day or for the month or year? Take a minute and define the timeframe:

Intention Statement

Now, review your notes from above and use the guidelines to put together a strong, clear intention statement that inspires you.