



LOVE, HEALTH, PROSPERITY, CLARITY

Live your life on PURPOSE and not by default!

Thank you for downloading “How to set an Intention you can live”.

Before setting yours, let’s talk about intentions and how to live them and not just talk about them.

[What is an intention?](#)

Sometimes we think of an intention as a goal or desire. It’s more than a bucket list item. It’s a dream you want to manifest and most importantly integrate into your life.

Intention, as it relates to medicine, is described as the healing process of a wound. There are different levels of healing, and as we move from a dream to manifestation, the intention (healing) deepens. The Latin root of the word suggests, “stretching of purpose”. Looking at setting intention for healing to transform and stretch purpose moves the concept of intention to a different level.

The Game reaches to the heart of your intention and provides clarity, understanding, feedback, and new directions on your specific focus. The Transformation Game gets to the heart of the purpose so you are able to move closer to the reality of living that intention.

Why are intentions important in manifesting your dreams?

It is the integration of that dream into your life that brings the power of manifestation. What happens to our new year's resolutions? How many of those resolutions have you set, taken action on, and realized? Many times that clear intention we had on New Year's Day was only in our heads and there was an idea but not a clear vision or experience of what we actually desired. You want to set intention that is clear and grounded in your heart of hearts as well as in your mind. You want to see, hear, feel, and even taste that desired intention becoming a reality. We own our dreams and then step into reality with more power and strength.

Too often we downshift to a lower dream instead of taking the steps to manifest the highest dream!

Practical Transformation to Live your Intention!

Be clear and succinct as you set intention; less than 20 words suggested.

Below are a few questions to ask yourself as you are setting a living intention:

1. How would you like your life to be different by the end of this year?

2. What do you want to clarify, understand, nourish or transform?

3. What does it look like, feel, and smell like?

4. What is your desired outcome? Are there results you would like to create?

As you clarify intention, look at your willingness to go through whatever changes or processes are necessary in order to reach the goal.

1. What is your role and responsibility in bringing this playing focus to fulfillment?

2. To what extent are you willing to risk?

3. How willing are you to make needed changes?

4. How will you know you have achieved your intention?

The Transformation Game

- It serves as a vehicle to create transformation so you can live your intention.
- You will walk your path receiving feedback moving you closer to the transformation you desire in just one day.
- Blocks will be revealed, insight realized, and inspirational support will surround you.

It works.....every time.

Remember to create an intention for yourself and be ready to live that intention.
“Never downshift to a lower dream!”