

# THE POWER OF INTENTION

## Creating a Meaningful Intention©

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Without transforming desire into an intention, you are left in a scarcity consciousness, a keen awareness of what is missing. Consciously or not, desire leaves you feeling sorry for yourself and “victim” to lack, loss and limitations.

Intention is desire in action. Where there is intent, there is purpose and action, which liberates you from victim to victorious.

### Understanding the Definitions and Distinctions of Meaningful Intentions© vs. Desires and Goals

#### Creative vs. Reactive

Inherent in a *desire* is a reaction to an absence of something you want, or a presence of something undesirable you wish to eliminate from your life.

A *Meaningful Intention* is mindfully created. It is filled with passion, purpose and love and includes benefits for you and for all involved.

#### Process Orientation vs. Future Orientation

A *Desired Goal* leaves you wanting until an end result arrives. Desired Goals are future oriented. Happiness does not occur until “I get what I want.”

A *Meaningful Intention* incorporates activities that you naturally engage in with delight. Meaningful Intentions are process oriented. Happiness is here now, in this present moment, as you engage in meaningful activities that are in alignment with your own unique talents, strengths and values.

A *Meaningful Intention* is one where you and many others benefit from the process as well as the outcome. Meaningful intentions are the most likely of all intentions to manifest because they are filled with the power of passion, purpose and love.

#### Intentional Outcomes vs. Goals

*“The pain lies in what we think should happen and what actually happens” - Vernon Howard*

We cannot control outcomes however, we can control process. Historically goals are win/lose oriented and cause you to fixate on “specific” outcomes. Although goals do heighten attention and focus, they are rigid, create a false sense of control and deep emotional attachment.

When a goal is obtained, the fleeting moment of success is quickly followed by another specific goal to chase.

When a goal is not achieved, a sense of incompetence and dissatisfaction occurs sapping your enthusiasm and energy.

As stated above, goals are future oriented and pull you out of the present. When the mind travels to goals you become absent with whomever you are with and whatever you are doing.

In contrast, Intentional Outcomes are contextual in that they take into consideration the multiplicity of factors involved. This releases you from the folly and illusion of thinking that you can control or force outcomes. This widens your perspective and allows you to remain alert for a variety of possibilities to occur. In any event, your outcomes will be in alignment with your intention. The attitude is one of “this or something better will manifest.”

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## **Writing a Concise and Well Articulated Meaningful Intention©**

A concise and well-articulated description of a Meaningful Intention will incorporate the following ingredients:

- Passion, purpose and love
- Your natural talents and strengths
- Align with your personal values
- Include benefits for all involved – Yourself and others
- Process oriented
- Stated in a present moment context

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### **STEP 1**

#### **Clarify Your Passions, Talents and Values**

[Mind map](#) or compile the following lists to assist you in the development of your Meaningful Intention.

## Passions

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## Talents and Strengths

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## Values

Values pertains to ethics, morals, principles, standards e.g., trustworthiness, beauty, independence, community, reliability, balance.

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Click here for more on [Passions, Talents & Values](#)

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## STEP 2

### Amplify the Benefits

When creating benefit mind maps or lists:

- Be spontaneous
- Write as many benefits as possible
- Don't concern yourself with being "realistic"
- Write each list in a present moment context -- as though you have already realized your *Intentional Outcomes*.

List or mind map the benefits you are enjoying from realizing your intentional outcomes:

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List or mind map the benefits others are enjoying from realizing your intentional outcomes:

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### **STEP 3**

#### **Create Your Meaningful Intention© Statement**

With the use of your stimulated and focused mind, draw from the contents of the mind maps/lists you have created and write your Meaningful Intention Statement. It is this statement, which will be your guidepost, your path, for a rich and rewarding process for both thought and action.

**Remember, this statement will include:**

- Passion, purpose and love
- Your natural talents and strengths
- Align with your personal values
- Include benefits for all involved – Yourself and others
- Be process oriented
- Stated in a present moment context

#### **An Example of a Meaningful Intention© Statement:**

*I enjoy moving forward with great enthusiasm as I build and expand my flourishing coaching companies. As I bring valuable tools and insights to inspire others to live their dreams, they in turn bring me inspiration and enhance the quality of my fabulous life. I receive great financial, emotional and spiritual abundance in return for the support, value and benefits others receive and enjoy from my enterprise. I continue to attract wonderfully loving, trusting, reliable and inspiring practice members, coaching associates and customers of my products and services to my every expanding businesses.*

Notice how a Meaningful Intention directs attention to a creation process vs. problem solving. Attention is on what is available rather than what is missing.

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#### STEP 4

### Enrich Your Whole Life

Create Meaningful Intentions in all of the **Fabulous Five** areas of your life

#### THE FABULOUS FIVE

- Wellness
  - Career and Finances
  - Relationships
  - Recreation
  - Contribution
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#### STEP 5

### Turbo charge the Power of Your Meaningful Intentions©

Use the [Mental Stimulation Exercises](#) to amplify your Meaningful Intentions in a [Dynamic Meditation](#).

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### Meaningful Intentions© Enhance and Simplify Your Life

The clarity of your Meaningful Intentions pays great dividends. Your *meaningful intentions* will widen your perspective, uplift your emotions, attract you into action, help you build momentum, and simplify your life. At anytime you may ask yourself this one simple question:

*Does this thought I am having, or this action I am taking, align with my intention?*

If the answer is yes, full steam ahead, if the answer is no, dump it and simply direct your attention to another thought, or take another action that **is** in alignment with your Meaningful Intention.

Enjoy the process!