

## THE "I CAN!" MODEL

### Use the "I CAN!" Model to Keep Yourself in Check

---

The "I Can!" Model is a simple yet effective tool to maintain congruency with your intentions. When your [four aspects](#) align, your intentions manifest quickly. Understand that our aim is not to force this alignment. Forcing causes tension that is counterproductive. Use the "I CAN!" Model to gracefully redirect yourself back on course.

After you work a few times with the following "I CAN!" questions, it will be easy to simply say I CAN! and you will be able to quickly remind yourself of your Intentions, adjust your self-talk, redirect your attention and get on with living your fabulous life NOW!

---

## THE "I CAN!" MODEL

**I**ntention  
**C**ongruency  
**A**ttention  
**N**urturing

### *I CAN! QUESTIONS...*

#### **I**ntention

##### *Ask Yourself?*

What is my Intention?

Meaningful Intentions are always filled with passion, purpose, love and benefits for all.

Remind yourself of your passions, talents and strength and how they align with your Intention.

## **C**ongruency

*Ask Yourself?*

Is my self-talk in alignment with my intent?

Remind yourself that your self-talk reflects your beliefs and your behavior always follows the beliefs you are attending.

*Ask Yourself?*

What do I need to believe about my intention?

Replace incongruent self-talk with an empowering affirmation that aligns with your Intention.

## **A**ttention

*Ask Yourself?*

Is my attention on what I want or what I don't want?

Direct your attention mindfully toward your Intention.

Remind yourself to enter Dynamic Meditations regularly to visualize images and feelings in alignment with your Intent. Directing your attention on what you want at least 1% more than on what you don't want will tip the scale in your favor. You will see more opportunities and synchronicity in alignment with your Intention.

## **N**urturing

*Ask Yourself?*

Am I revitalizing myself with the joys of my life?

Life is to be enjoyed NOW! Engage in delicious activities that bring you lightness and energy.

Remind yourself that taking the time to nurture yourself will generate energy and creativity that will positively affect everything and everyone you touch.

Remember, after you work with the questions a few times, it will be easy to simply say I CAN! and you will be able to quickly remind yourself of your Intentions, adjust your self-talk, redirect your attention and get on with living your fabulous life NOW!

---

## **I CAN! Resources**

**I**ntention - [Meaningful Intention Statement](#) - Your guidepost to thought and action

**C**ongruency - [Empowering Affirmations](#) - The alignment of Spirit, Emotions, Mind and Behavior

**A**ttention - [Dynamic Meditation](#) - Communicating with self, subconscious and high consciousness

**N**urturing - [10 Daily Activities](#) that bring me lightness and energy.

## **Related Intentions Articles**

Aligning the Whole You - A Congruency Model [Part I](#)

Aligning the Whole You - A Congruency Model [Part II](#)