



Intention Setting

with guidance from: Calling in The One, Katherine Woodward
Creating Relationships, Abraham Hicks

We have the power to create anything we want. Here are some tips on how to do that. Be committed to the things you want and don't be needy in this quest. We must remain completely unattached to the outcomes that we're committed to creating. Don't get caught up in trying to force the river of life to go in one particular direction. Move with integrity and be the person you need to be in order to manifest your intention.

Step 1: Believe in the possibility - you will see it when you believe it

Step 2: Speak your intention- say it outloud and proud to the universe

Step 3: Take actions which support your intentions and stay away from actions that sabotage it. For example: if you want to cultivate a loving relationship, be a loving person!

Example Intention Setting for Creating a Relationship

Affirm: "I believe that finding love is possible for me. I'm committed to having an extraordinary relationship. I am a strong and capable person who is worthy of love. I know and believe my life partner is on his/her way right now."

Get into the Feeling: Think about what it would feel like to have this relationship. How would you be feeling? How does it feel to be the object of someone's attention? What would your love be saying? What would you be doing? What does it feel like to move through life making decisions together? What does love and appreciation feel like?

FIND THE FEELING and stay in those vibes. Do this practice often.

Want to create something specific in your life? Get in touch and let's work together to bring you all that you desire.

CREATED BY @VEEVEE.QUEEN

Toronto, ON, Canada