

## Setting Intentions Worksheet

Only through activating the *Sacred Powers of Attention, Intention*, and then *Action* can we truly transform. Dreams are also dormant, waiting to be fertilized, and that fertilization mechanism is action. And when you're able to merge attention, intention, and action, the divine conspiracy will awaken. Transformation is sparked by attention, which births the seed of intention. And then a second dose of attention is necessary to move the intention into the physical world, where it can actualize and sprout. So what do you want more of in your life? Less of? And what step can you take today to activate the fulfillment of your intentions?

For this exercise, write down your top three intentions. Next to each one, write down the activation step you will take to begin the flow of energy into the physical world. Remember, your action step can be as simple as writing your intention on a Post-it note, sending an e-mail, preparing to have a difficult conversation, or volunteering for a cause that sparks your passion.

### MY INTENTION

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### REAL-WORLD ACTIVATION STEP

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So many intentions never materialize because we hold them tightly trapped in our mind. They get diminished in the swirl of all the other things we're trying to keep straight in our brains. Write your intentions on a piece of paper, or in your journal, so you can visually see them outside yourself. Remember, you transform the energetic pulse of an intention by moving it *out of your brain* and into the tangible world around you.

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