

Subject: _____

My Goals/Intentions To Awaken My Potential

1. Create your intention. What do you want to receive or accomplish? Be realistic but, aim high and stretch for your goals.

2. Discover any disempowering beliefs and transmute them into positive, empowering beliefs. Use the Transparent Belief Exercise to discover hidden (transparent) beliefs.

Disempowering belief(s): _____

New empowering belief(s): _____

3. Formulate and outline your plan. Decide what it will take and how you will go about completing your intention. Create specific steps you will take to move yourself steadily toward your goal.

4. TAKE ACTION! Awaken your potential by taking deliberate actions to achieve your goals. Do it anyway, even if it intimidates you. Every small success creates inspiration to continue moving forward. List and number the steps you will take, in order of sequence, and schedule your completion dates for each intention. Word the statement in present tense along with the emotion evoked.

5. Monitor your choices. Become aware of all the choices that arise each day that may hinder you or advance you in the direction of your intentions. Ask yourself some or all of the following questions every time a choice comes into your awareness that may move you toward or away from your intentions.

- Am I making the very best choice right now?
- Are there any alternative choices that would move me toward my goals that I should consider?
- How will this choice improve my ability to achieve my goals?
- What is the most productive use of my time at this moment?
- Are there any adjustments I need to make in order to reach my goals according to the schedule I committed to?
- Who can I count on to assist me in reaching my goals?
- Are there any additional steps I need to include to help achieve my intentions?
- What can I do to shift my attention toward success?

Review your plan often, daily is preferable, to assure constant attention and awareness of your dreams and desires.

Be deliberate in your actions. Be honest with yourself. Be proactive with your future. Be diligent in your efforts. Be the change you wish to see in your world. Be the real you. You are as you decide to be!