

Daily Intentions

Daily Intentions Journal



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Every day, you have the opportunity to set out clear intentions; the things you are going to do that move you forward to the life you desire.

Unfortunately, there are a myriad of distractions that can often send you moving in the opposite direction, therefore, it is vital to set clear intentions for your day and monitor your progress.

In this, daily intentions exercise, there are 4 key areas to record.

Section 1, is where you enter your intentions, your wins and your losses as described here:

1. Enter your intentions for the day in the left-hand column
2. Enter your wins in the centre column; that is, the intentions you fulfil
3. Enter the losses in the right-hand column; the intentions that go unfulfilled

Section 2, is about forgiveness and it serves to ensure you are not carrying feelings that block you from fulfilling your intentions. So, for example, at the end of day one you might want to forgive yourself for not completing all of your intentions, freeing you to prepare for the next day guilt free. Or it might be to forgive someone who disrupted your day.

Section 3, encourages you to write down your goals that support the lifestyle you want to achieve in a period of time (be that 6 months, one year, etc). It's important to do this daily to reinforce what is truly important to you. So, you might find something you wrote on one day does not come back up for you over consecutive days and that's okay. Not all the things we 'think' we want are actually what we want but this daily reflection can help provide clarity.

The 3 parts of this are:

What do you want to be? The role you see yourself having in work, home, love, etc

What do you want to do? The actions you take to 'be' you in your desired state

What do you want to have? Clear and specific detail about what you want to manifest into your life

Section 4, is all about identifying any underlying blocks you might have that are stopping you from manifesting what you desire. They are the 'hidden fears'. For example, you might see yourself in a successful career move to regional director however, your hidden fears might be 'I'm not experienced enough', 'I'm not knowledgeable enough', 'Suzanne is more likely to get it than me'.

A completed example day is included to guide you through the process...

Enjoy & live blissfully,

YvonneB

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Example

INTENTION	WINNER	LOSER
Listen to Darren Daily Motivation	W Topic: Expect Better – Expectant Theory	
Begin the day with God	W Woman to Woman – Topic: Transformation Joel Osteen – Be Transformed	
Instagram Post	W Breaking confined walls	
Take 30-60 minutes for physical activity during the day		L Had 20-minute walk
Work on business funnels – map out	W Tested Marketing System Completed layout of funnel Tested training platform	
Check social media 2pm	W Checked	
Check social media 8pm	W Checked - Responded	
Put up blog post	W Outside Your Comfort Zone	
Take one hour for reading current L&D book	W Feel Good About Your Money Now	
Additional Unplanned Wins	1. Mindway – Theatre of Marketing 2. Tony Robbins Strategic Coaching Video x 2 3. Client notes – a good luck wish & end of week report review	
I forgive Crystal for not coming through with the work she had me booked for and this forgiveness frees me to focus on the work I want to do and for that I am truly grateful.		
Everything I write from here on in, becomes my reality within 31 months		
BE	DO	HAVE
An influential woman in business, helping other women to create their life success through coaching, training and mentoring.	To create a suite of courses and programmes accessible online and personally, serving women in pursuit of their dreams. I produce these products over a broad price range ensuring those most in need, can get started without financial concerns.	My beautiful 2 storey home, 15-minute walk from the beach set in stunning woodland with my Blue Forest treehouse, an adorable husband who inspires and lifts me, my amazing family and Red, my gorgeous red-setter.
What would make these things happening a negative experience?		
1. The thought that I might not achieve them in the lifetime I have left – is it possible		
Even though I'm going to question the reality of my purpose driven success, I deeply & completely love myself...		

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INTENTION	WINNER	LOSER
Any unplanned wins in the day		
SECTION 2:		
I forgive _____ for _____ and this forgiveness frees me to _____ and for that I am truly grateful.		
SECTION 3:		
Everything I write from here on in, becomes my reality within _____ months/years		
BE	DO	HAVE
SECTION 4:		
What are my hidden fears about these goals?		
Even though I'm going to (feel like/worry) about (the hidden fear), I deeply & completely love myself...		

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