

The morning ritual

When to use the daily habit?

Before a meeting

Before you go to work every morning

Before creating a presentation

Before going to the gym

Before doing your paperwork or taxes

Before a vacation

Before a dinner or party

Before a tough talk with your partner

Before a play date with your kids

As you practice your daily intentions, you will notice how powerful you are. Maybe not straight away as it may take some time for clarity to really kick in. And the better you get at small intentions, the better you will get at the bigger ones.

The Daily Intention Habit

1

Who do I want to be in the situation?

Don't be the reactive, defensive wimp and complain. Be inventive and create the person you want to be. 'I want to be the business woman who is sure of herself'.

2

How do I want to feel?

Similar to (1) but adding an additional level. Intending how you feel (successful, at ease, comfortable, sexy...) during an event teaches you that you are generating your own feelings.

3

What is my desired outcome?

How do you want to walk away from this situation? Choose the outcome and you become a creator instead of a reactor.

4

What is the best case scenario?

If you do 1-3 the outcome doesn't really matter because you're already feeling great. But adding a best case scenario is telling the universe what you really want to attract.