

Set Your Intentions for The New Year!

Your mind is one of the most powerful supercomputers on the planet and it works just like Google or any other search engine. When you give it an instruction, it goes and looks for the answer and gives you the result you have instructed it to find. That's why setting clear intentions at the beginning of each year or at any time you want to create a new result in your life is so important.

Here are five tools to jump-start your intentions:

1. Write down the most important lesson you learned last year followed by the most important lesson you want to work on in the coming year. For example, last year I learned to hold calm determination in the face of enormous challenges. This year, in addition to the calm determination, I'm going to hold compassion for myself as I continue to move forward on my journey.
2. Write down your intention for the coming year in alignment with the lesson. In my case, what do I need to do differently this year in order to show myself compassion? The first thing I did this year to achieve that intention was look for ways to take more breaks and mini vacations.
3. Next, find a picture of yourself looking happy and healthy and put that photo next to or in the middle of a photo of what you want to create.
4. Write an affirmation that says, "I am worthy and deserving and loveable. I deserve to manifest my intentions with ease and joy."
5. Look at your intention photo and repeat your affirmation every day. While you're stating your affirmation, do your utmost to feel with your whole being the way it would feel if you were living that right now.

*If you want to get on the fast track to creating intentions and making them a reality, if you want to truly living your purpose in the most fulfilling, abundant, healthy and joyful way, join me **Saturday, January 29** for a one day intention power workshop. See more information here [\[link to PDF\]](#) or call 415-775-4866.*

"I was amazed when I looked at my vision board at the end of the year and realized I had actually created everything I had manifested!"

-LC, Mill Valley