



Instructions SOFI

- 1.** Start at #1 ... enter the intent you wish to empower. Remember, for now, write your intent in just a few words Later on, you may repeat this pattern of quantum reasoning, and you may review, refine, or add to the words you have entered, and you may do this as often as you like ... When you are finished entering your intent, please continue to #2.
- 2.** Now take a look at the actions you are willing to do to bring your intention into your life. Without a doubt, you will invest your energy and ... your time! Whenever possible, enter a time frame for what you are willing to do - how much time, and when. When you are finished, please continue to #3
- 3.** Now, think about your history, your experiences in life. Without guilt, look clearly at the places where you have chosen to spend your energy. You can also enter experiences that may pose a challenge to you. In just a few words, enter those experiences that will support you in the fulfillment of your intent. The lessons learned from your experience will support you as you continue to focus your energy to fulfill your intent. Think of your history and your life's experience as a personal energy reserve of self direction and self support. Continue to #4
- 4.** An important part of focusing your intent is to enter what you are willing to receive or hope to receive to assist you in fulfilling your intent. Remember to also consider the personal benefits you will receive as you fulfill your intent. This part is important, even if it may seem self indulgent, for ultimately it will strengthen your ability and commitment. Continue the process of quantum reasoning with #5
- 5.** Enter an attribute of mastery that you choose to practice as you continue to focus your energy to fulfill your intent. Also enter the reason or reasons why you have chosen this particular attribute to practice.
- 6.** Choose a second attribute of mastery and enter it here. Again you may enter the reason you have chosen this attribute.
- 7.** Enter a third attribute of mastery that you choose to practice and why.
- 8.** To complete your Statement of Focused Intent, enter a fourth attribute of mastery that you have chosen to practice and why.