

Statement of Focused Intent

1

FOCUS YOUR ATTENTION IN THE SPACE IN FRONT OF YOU

With my focused energy, I create my intention

8

*I support the achievement of my intention by amplifying the attribute of _____ with my focused energy.
Why?*

The Balance of Receiving and Giving

4

FOCUS YOUR ATTENTION IN THE SPACE TO YOUR LEFT

I choose to receive:

7

*I support the achievement of my intention by amplifying the attribute of _____ with my focused energy.
Why?*

3

My History

FOCUS YOUR ATTENTION IN THE SPACE BEHIND YOU

I review the energies of my history, my story. I choose to acknowledge my energies of challenge: _____ And I choose to amplify my energies of strength: _____

5

*I support the achievement of my intention by amplifying the attribute of _____ with my focused energy.
Why?*

2

The Balance of Doing and Being

FOCUS YOUR ATTENTION IN THE SPACE TO YOUR RIGHT

The actions to bring my intention into life are:

6

*I support the achievement of my intention by amplifying the attribute of _____ with my focused energy.
Why?*

