

99 Intentions...For a Great Life

by

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1. I intend to enjoy my job.
2. I intend to have fun with this task.
3. I intend to be kind to others.
4. I intend to be kind to myself.
5. I intend to experience and express love.
6. I intend to experience and express acceptance.
7. I intend to enjoy the health of my body.
8. I intend to be grateful.
9. I intend to express myself.
10. I intend to be fully present in each moment.
11. I intend to see things for how they really are.
12. I intend to appreciate my family.
13. I intend to help others.
14. I intend to take great care of myself.
15. I intend to feel peaceful inside.
16. I intend to love others for who they are.
17. I intend to be gentle with myself.
18. I intend to express my feelings naturally.
19. I intend to be twice as aware as usual.
20. I intend to be 20% more productive than usual.

21. I intend to focus on what I want.
22. I intend to learn and grow.
23. I intend to be immune to the negative opinions of others.
24. I intend to take smart financial actions.
25. I intend to see the many opportunities around me.
26. I intend to concentrate on what matters.
27. I intend to communicate honestly.
28. I intend to create a beautiful, inspiring environment for myself.
29. I intend to joyfully express my creativity.
30. I intend to easily and automatically do things that are beneficial.
31. I intend to make decisions easily and quickly.
32. I intend to have access to my full intelligence.
33. I intend to live fearlessly.
34. I intend to reach my highest potential.
35. I intend to treat others as I wish to be treated.
36. I intend to treat myself as well as I treat others.
37. I intend to give some special attention to my loved ones.
38. I intend to give thanks for the bounty in my life.
39. I intend to maintain a quiet mind.
40. I intend to have a great time.

41. I intend to see the value in my life.
42. I intend to feel joy.
43. I intend to experience meaning.
44. I intend to be open.
45. I intend to stay focused on this task until its completion.
46. I intend to hear what my intuition has to tell me.
47. I intend to learn more about my spirituality.
48. I intend to feel compassion.
49. I intend to allow myself to be great.
50. I intend to accept the wonderful things coming to me.
51. I intend to experience a feeling of wonder.
52. I intend to realize if I am lying to myself.
53. I intend to know the truth.
54. I intend to stay calm no matter what circumstances I encounter.
55. I intend to learn quickly and easily.
56. I intend to see what is wonderful in others.
57. I intend to find my life fascinating.
58. I intend to feel vibrantly alive.
59. I intend to think clearly.
60. I intend to enjoy myself in all my activities.

61. I intend to learn things that will help me improve.
62. I intend to focus on the things that will help me reach my goals.
63. I intend to recognize this moment as my point of power.
64. I intend to deeply appreciate all that I have.
65. I intend to enjoy the feelings of my desires.
66. I intend to live with grace.
67. I intend to attract financial abundance.
68. I intend to let go of needing to control things.
69. I intend to allow others to be themselves.
70. I intend to experience the divine.
71. I intend to feel connection.
72. I intend to focus on what is right, not what is wrong.
73. I intend to relax and allow opportunities to come to me.
74. I intend to communicate without judgment.
75. I intend to be open to the lessons within the events of my life.
76. I intend to allow myself to shine.
77. I intend to allow others to shine.
78. I intend to speak up for my needs.
79. I intend to enjoy exercising my body.
80. I intend to enjoy exercising my mind.

81. I intend to be my own best friend.
82. I intend to invite learning into my life.
83. I intend to naturally find great people in my life.
84. I intend to easily attract the people and events that are perfect for me.
85. I intend to recognize synchronicity.
86. I intend to relax.
87. I intend to trust the intelligence of my body.
88. I intend to live with passion.
89. I intend to do what brings me joy.
90. I intend to continuously find my bliss.
91. I intend to focus on what matters.
92. I intend to make each moment a meditation.
93. I intend to live with purpose.
94. I intend to create real connection with others.
95. I intend to easily stay in the flow.
96. I intend to see beyond the veil.
97. I intend to rise above.
98. I intend to live in a way I can feel great about.
99. I intend to be happy.