

# Life Coaching Intentions eCourse

By

Coach Michele

[www.MyLifeCoach.com](http://www.MyLifeCoach.com)

## Table of Contents (click on entry to jump to it)

Introduction .....	3
Why is this called a <i>Life Coaching</i> Intentions Course? .....	5
Instructions .....	6
Intentions .....	8
Day 1: To see the best in everyone around me, and compliment them on it. ....	8
Day 2: To look for ways to have fun in every moment.....	11
Day 3: To take action on at least three things that I have been procrastinating about, and feel great about those actions. ....	13
Day 4: To treat my body with the utmost care in my thoughts, language, nourishment and activities.....	15
Day 5: To tell at least three people how much they mean to me. ....	17
Day 6: To find the joy in everything.....	19
Day 7: To be aware of my thoughts and feelings.....	20
Day 9: To smile and say hello to at least three people that I wouldn't normally do so. .....	23
Day 10: To do something special with my loved ones. ....	25
Day 11: To find the humor in everything.....	26
Day 12: To notice when I am worrying about something, then, just for today, resolve to let go of it. ....	28
Day 13: To only engage in activities that are a 9 plus for me, or make things a 9 plus. .....	30
Day 14: To notice the things that I care deeply about.....	32
Day 15: To really admire and appreciate nature and what it has to offer and teach me. .....	33
Day 16: To only engage in conversations and activities that empower me. ....	35
Day 17: To notice when I say things to myself that make me feel bad, and find ways of thinking of things that make me feel better. ....	37
Day 18: To be inspired.....	39
Day 19: To say “no” to the things I don't want. ....	40
Day 20: To improve my physical environment in ways that are important to me. ....	41
Day 21: To tell people how they can help me, and be grateful for the assistance. ....	43
Day 22: To only be positive in my inner and outer speech.....	45
Day 23: To feel gratitude towards everything in my life. ....	47
Day 24: To turn my don't wants into wants, and enjoy those feelings. ....	49
Day 25: To give myself only positive messages about money. ....	51
Day 26: To discover more about my unique gifts I bring to the world.....	53
Day 27: To not judge myself or anyone else.....	55
Day 28: To be in the now, living each moment to its fullest. ....	57
Day 29: To learn something that can help me enjoy life more. ....	59
Day 30: To imagine, without limitation, how I would love my life to be.....	60
Next Steps .....	62

## Introduction

Congratulations on your purchase of this course. It is \*my intention\* (ha, ha) that this course clearly communicate, and demonstrate, a lot of important concepts, any one of which could make a huge difference in your life. The more of these concepts you can incorporate into your life, the more happiness, fulfillment and success you are likely to have (in my experience as a successful Life Coach!)

What is an intention? An intention is a statement of a plan...what you mean to do, bringing all of your personal resources to bear to make it happen. An intention is the strongest statement of a plan...It is a plan that you \*are\* going to implement!

Before you proceed any further, ask yourself...What do I want to gain from this course?

Do you want to be happier? Wealthier? More at peace? Do you want to have better relations with others? More fulfillment in your job? Any of your goals, so long as they are in line with the highest good for yourself, can be achieved with the help of this course.

As a coach, I don't necessarily tell people what to do. But, if I can identify things that may be sapping their energy and keeping them from being their best I may ask them about it. This course is meant to address many of the things that can hold you back from being your best, and the learning,

creativity, growing and success we all naturally move towards when nothing is in our way.

There are also many things in this course that are meant to increase your energy, happiness, creativity and peace. Not only because those things are desired outcomes in and of themselves, but because those things help you take effective, appropriate, timely, creative action.

All of the learning is done in an experiential way, through the use of intentions. So, each day, you will be trying out the concept for yourself!

In a general sense, the intentions will become more challenging as we go along. But, don't skip any intentions if they seem too easy! They are meant to build each upon the last. Don't let your ego keep you from growing by convincing you you don't need to do anything different. If you keep doing things the same, you will get the same results, right? 😊

## Why is this called a *Life Coaching* Intentions Course?

- ✓ Many of the concepts introduced here are related to important concepts in coaching, and have been demonstrated to lead to happier lives and better results
  
- ✓ In a way, by using these intentions, you are coaching yourself towards a better life
  
- ✓ Some of these intentions put you in a frame of being where you “coach” others, simply by your presence...That leads to a better experience for everyone
  
- ✓ If one day you think *you* might want to become a coach, this course can help get you in the habit of being more observant about your life and learn more about what makes for a happy life, and that will help you in your coaching

## Instructions

- ✓ Say the intention to yourself several times a day, ideally when you transition into each different part of your day.
- ✓ Each intention can be modified to fit your particular circumstances and abilities for example with adding the words, more than ever before, extremely, completely, etc., as appropriate.
- ✓ Don't judge an intention until you try it. Some of the designed benefits are in the \*doing\*.
- ✓ You need to really *intend* to do the intentions! No saying things by rote! If real *intention* is there, however, your whole self will help you put it into effect.
- ✓ Some intentions will have a clear exercise to accomplish that goes with them.
- ✓ In all cases you should do your very best to follow through on the intention.
- ✓ Keep a journal and write down the intention for the day in the morning, then any observations in the evening. Any intentions that require an exercise can also be done in your journal. Note if you remembered to say the intention, and if you noticed anything

happening for you that you like. Please note any interesting things you observe, even if it didn't seem like the intention was related.

- ✓ This course goes through the intentions very quickly in 30 days...But many of these can be used for days, weeks, or even years to get the maximum effect! You can use your favorite intentions over and over. (Hint: The ones you like the least, may actually be the most challenging for you and may hold the most value...Those may be the ones to repeat!)
  
- ✓ You have made an important step in purchasing this course. Please do yourself the favor of following through and participating with the intentions! This is only going to make a difference for you if you make the effort. The rewards could be enormous.

## Intentions

**Day 1: To see the best in everyone around me, and compliment them on it.**

Humans are categorizers, and so often we fall into a habit of paying attention to what we don't like. That can lead us to focus on the not so great qualities of those around us, and miss all the great things. That separates us from others, and research shows that connection with others is fundamental to fulfillment in life.

For today, how about actively looking for the good in those around you? And, complimenting them on those things will make a real connection between two people, part of what this world is about, and make both of you feel great. Don't bother with any compliments you don't truly feel...For example don't say "I like your sweater" when you don't! Better to connect with something really special about that person, that you really feel, and highlight it for both of you.

Here are some examples of things that could be real, heartfelt compliments that bring to attention the unique qualities of a person:

- ✓ Suzy, it doesn't matter what is going on here at the office, you always have a smile for everyone, and I really appreciate that.
- ✓ Bob, thanks for having such a great sense of humor and making me laugh.

- ✓ John, I know I don't always appreciate it, but you really do have lots of creative, out-of-the-box ideas, and I want to thank you infusing new energy and ideas into what we do.
- ✓ Mom, you are so caring and supportive, and I really appreciate that.
- ✓ David, I know I don't always want to follow them, but you really are great at keeping me reminded of our policies and procedures, and that really is very helpful, thank-you.
- ✓ Sarah, I have never met anyone as caring and thoughtful as you.
- ✓ Karen, it is amazing how you can make your home so beautiful and inviting...It makes me feel so wonderful to be here.
- ✓ "Boss", as much as I resist sometimes, you really are great at helping me identify my areas for improvement, and I want to thank you for helping me be my best.

Get the idea? Remember, when you do this from a real, heartfelt place, it will feel great for both of you.

Today's Intention:

**I intend to see the best in those around me, and compliment them on it!**

If you can remind yourself of this intention several times a day, you should automatically start to notice the good things in those around you and feel the urge to tell them about it. What a positive boost for everyone!

So, again, today's intention:

**I intend to see the best in those around me, and compliment them on it!**

Have an amazing intentional day!

## Day 2: To look for ways to have fun in every moment.

It's oh, so easy, to get stuck in a routine where everything is drudgery, hard work, a pain in the neck, etc. But, do things have to be like that? No! It is our perception and attitude towards things that predominantly determines if we are enjoying what we do or suffering through it.

Today, how about purposefully finding ways to have fun in what you do? Even the most mundane, "boring", things can be made enjoyable, if simply we try. You know, children do this naturally, and they have a lot of fun! We could get a tip or two from them, couldn't we?

Here are some examples of how things could be made more fun...

- ✓ Listening to music during your task.
- ✓ Bring humor to your task...Find what is funny and enjoy it.
- ✓ Making a game out of it. For example, when cleaning the house, set the timer for 10 minutes and see how much you can get done in that time. Have fun with it!
- ✓ Focus on the parts of the task that you are great at and work on those parts for now.
- ✓ Forgetting about when it will be done, and fretting about how long it will take. Just "be" in the moment, doing something...Not many things are all that bad when we just do them and don't worry about it!
- ✓ Ask yourself...Is this the most fun I could be having right now, or is there something that could be more fun? Why not just do it!

- ✓ Cooperate with someone. Challenge each other to find the easiest and most fun ways to do things.
- ✓ Pretending! Now, that is something we don't often do as adults, is it?! Why not give it a try? For example, when washing the dishes, why not pretend you are a maid in a fabulous Scottish castle of the early 1900's, helping prepare for a wonderful feast. Would that be fun? I don't know! But giving a try to something like that is fun just in the experimentation.
- ✓ Singing or humming as you work.

What can you come up with? Making the intention will help you get inspired.

Today's Intention:

**I intend to look for ways to have fun in every moment.**

The stranger this sounds to you, the more powerful and transformative it might be!

So, again, today's intention:

**I intend to look for ways to have fun in every moment.**

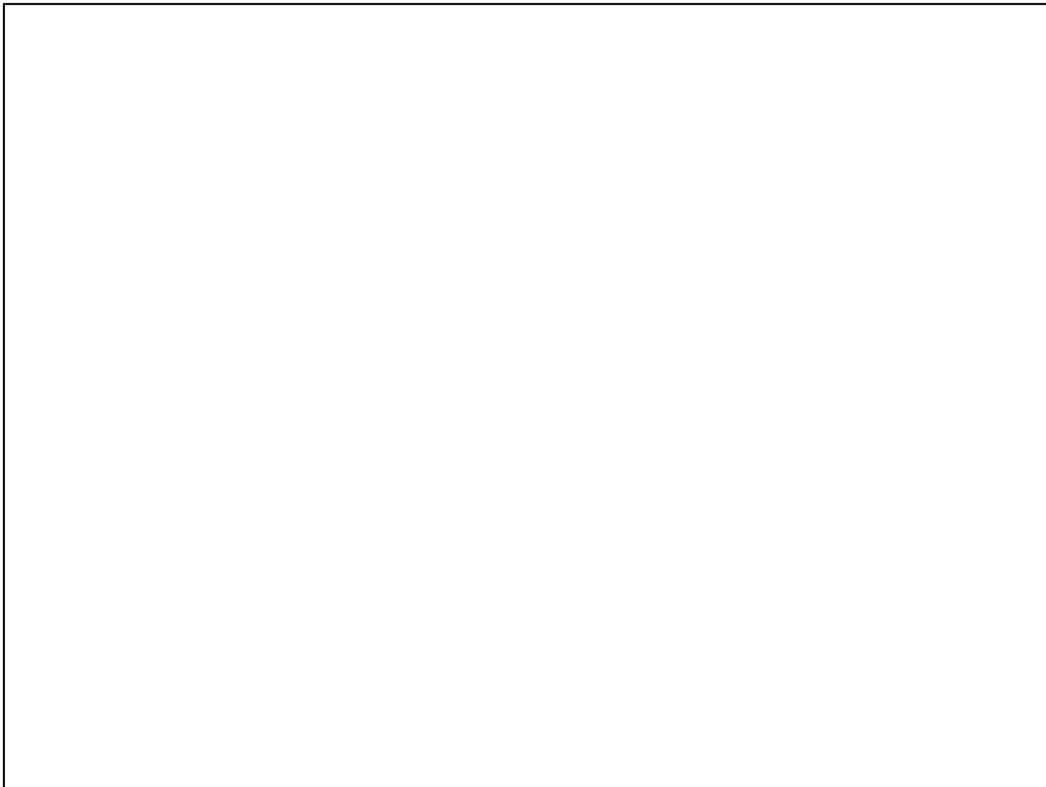
Have an amazing intentional day!

**Day 3: To take action on at least three things that I have been procrastinating about, and feel great about those actions.**

There is nothing worse than procrastination for stealing your energy. (And by energy, I mean just as the definition used in physics: Ability to do work!) The more you procrastinate, the harder it gets to do the thing you are procrastinating. Not only that, but it gets harder to do other things as well.

Let's get a jumpstart on things and make it better! Won't it feel great to have some nagging items removed from your list?

First make a list of things you have been procrastinating about doing. Go on now, I know it is hard, but for now we are just making the list:



Now, go back and rank those things in terms of how much they are bothering you. The number one thing should be the one that bothers you the most (i.e. weighs on you the most).

How much freer and lighter would you feel if number one were completed? What if numbers one, two and three were completed? How much energy could it release for the rest of your life?

Today's Intention:

**Today I intend to take action on at least three things that I have been procrastinating about, and feel great about those actions.**

Careful now! If you find yourself tempted to make excuses, those could be \*very\* energetically expensive at this point!

Again, today's intention:

**Today I intend to take action on at least three things that I have been procrastinating about, and feel great about those actions.**

Have an amazing intentional day!

**Day 4: To treat my body with the utmost care in my thoughts, language, nourishment and activities.**

Most people are becoming more aware of the environment on this earth. Turns out you can't just keep raking in resources and expelling garbage and chemicals without some detrimental consequences. Who knew!

But when we think of the environment, we often forget about our most intimate environment. Our body in which we live! Just like the earth supports and enables everything we do as a species, our bodies support and enable everything we do personally.

How do you treat your closest environment? Do you litter it with junk? Clog it with too much of some things? Ignore it? Tell it things that cause a stress response and start detrimental chemicals coursing through your veins? What does the way you treat your body tell you about your self-esteem?

Even if you already do pretty well with supporting your closest environment, could you be doing better?

What might happen if you really invested some energy into making the most of this close environment (your body)? In my experience with coaching, there are both immediate and long term benefits to investing in your immediate environment. It results in better energy and abilities to do the things you want to do. A nice side benefit is feeling great. Another nice side benefit is giving yourself every opportunity to live a long, healthy life.

Today's Intention:

**Today I intend to treat my body with the utmost care in my thoughts, language, nourishment and activities.**

Now, one day may not make a huge difference, but let's just experiment with this intention, and see what a great day of supporting our body is like.

Again, today's intention:

**Today I intend to treat my body with the utmost care in my thoughts, language, nourishment and activities.**

Have an amazing intentional day!

**Day 5: To tell at least three people how much they mean to me.**

Hmm...I bet this one doesn't need much explanation...But let me provide a little reminder. For most people, relationships are what really provide the meaning and satisfaction in life. Is that true for you?

Us being human, we need to communicate to share our feelings, and sharing feelings helps our relationships grow and deepen. A no-brainer, right? ;)

But do we actually communicate enough? Can it ever be too much?! How much do you love to hear how much someone appreciates you? How great does it feel to give that gift to others? Let's try and see!

Today's Intention:

**Today I intend to tell at least three people how much they mean to me.**

Now, some of you may be in a time in your life where you don't have three special people in your life. That's OK, you can still follow through on this intention. Unless you live a very solitary lifestyle, there must be three people in your life, even if they are not deep loving relationships. You can still share how much you appreciate them. For those with loving relationships in your life, happy affirming!

Again, today's intention:

**Today I intend to tell at least three people how much they mean to me.**

Have an amazing intentional day!

## **Day 6: To find the joy in everything.**

We may do a lot of different things in life, but if we are honest with ourselves, they are all in an effort to make ourselves happy and joyful.

You know what? Chances are you have plenty in your life, right now, to be joyful about, if you gave it a try.

When driving to work, can you just enjoy driving? When at work, could you get really excited about your abilities and accomplishments? Can you look up at the sky and marvel at its beauty? Can you look to your friends and loved ones and be joyful that they are in your life? I think you can if you try! 😊

Today's Intention:

### **Today I intend to find the joy in everything.**

When you do this intention, you can't avoid having a great day. There are other benefits to finding your joy as well, but just feeling great is a super start.

Again, today's intention:

### **Today I intend to find the joy in everything.**

Have an amazing intentional day!

## **Day 7: To be aware of my thoughts and feelings.**

So often we sleep through life, not stopping to notice or fully experience anything. Other times, we may be so focused on the external things around us, like people and events, we have no idea of what is going on inside our own heads and our own hearts.

Countless mental and spiritual disciplines emphasize the importance of becoming aware of, and perhaps eventually consciously directing, our own thoughts and feelings. But, I don't want you to worry about that for now. For now, we are just going to have an intention, and see what observations, experiences or revelations come forth.

Today's Intention:

### **I intend to be aware of my thoughts and feelings.**

Simply by this intention, you should automatically start to notice things that often slip by you.

For example, how do you normally talk to yourself about your body? How do you typically talk to yourself about money? How do you really feel about your boss? Your friends? About going to work in the morning?

Also, what is it like to live in a more aware way than you have been in the past?

Once again, here is the intention:

**I intend to be aware of my thoughts and feelings.**

Have an amazing intentional day!

**Day 8: To buy or do something special for myself, with no guilt, only enjoyment.**

Now, when is the last time you did something really special for yourself?  
No, not that time last week that you agonized over and felt guilty about afterwards...That doesn't count!

Today, I challenge you to just do something nice for you. If you end up being guilty about it, you won't experience the benefits, so be sure to make it guilt free.

The state of mind it will create for you will allow you to make smarter, more creative decisions and actions, and simply be happier!

Today's Intention:

**Today I intend to buy or do something special for myself, with no guilt, only enjoyment.**

Push yourself a little bit to make this a special event for you.

Again, today's intention:

**Today I intend to buy or do something special for myself, with no guilt, only enjoyment.**

Have an amazing intentional day!

**Day 9: To smile and say hello to at least three people that I wouldn't normally do so.**

When is the last time a stranger smiled at you and said hello? What was that like for you? I bet it felt great! I bet it felt great to the person who gave the hello as well.

In this simply act, we say so many things. I affirm you as a person. You are valuable. I am interested in you. (Hint: You are also implying all of those things about yourself as well, and that is why it feels great to you too.)

Everybody benefits!

Plus, it is great to get in the habit of really seeing and connecting with the people you run into in life. Some of the best opportunities in life come from a connection with another person you might not normally have met...And you certainly would have no chance of meeting if you kept your eyes to the ground with a grumpy face on!

Today's Intention:

**Today I intend to smile and say hello to at least three people that I wouldn't normally do so.**

Let's try this simple (deceptively simple!) intention, and see what kind of day you have!

Again, today's intention:

**Today I intend to smile and say hello to at least three people that I wouldn't normally do so.**

Have an amazing intentional day!

**Day 10: To do something special with my loved ones.**

Why are you living your life? What is *\*really\** most important you, and brings you the most satisfaction?

Although we may spend the majority of our time going to work, running errands, or doing tasks...Most people feel that *\*connection with other people\** is the most fulfilling thing for them in life.

Yet, when *\*do\** we take the time to really enjoy our loved ones?

Let's make that a priority today!

Today's Intention:

Today I intend to do something special with my loved ones.

(Hint: Time together but spent worrying about other things doesn't count! You need to be fully present, just relaxed and enjoying to get the full benefit for all.)

Again, today's intention:

**Today I intend to do something special with my loved ones.**

Have an amazing intentional day!

## **Day 11: To find the humor in everything.**

Sometimes we take life so seriously! But really, there is plenty to laugh about, isn't there?

How about the way we humans get so worked-up about the smallest things?  
How about, for supposedly the smartest animals on the planet, we spend the most time "not knowing" what to do?

How about the myriad of little events in a day that, when you try, you can view from a humorous perspective?

Humor is healing. It releases stressful energy and relaxes you. We can all use more humor in our lives (well, only if we want to be happy!)

If you take this intention seriously (ha, ha) you will have a wonderful day.

Today's Intention:

**Today I intend to find the humor in everything.**

When you do this intention, you can't avoid having a great day. There are other benefits to enjoying a laugh as well, but just feeling great is a super start.

Again, today's intention:

**Today I intend to find the humor in everything.**

Have an amazing intentional day!

**Day 12: To notice when I am worrying about something, then, just for today, resolve to let go of it.**

Don't sweat the small stuff. Most people major in the minor things. Don't worry, be happy. There are hundreds of sayings in common use reminding us that worry is, in the largest majority, a waste of our time. Not only is it a waste of our time, energy and mental resources, but it can actually be detrimental to our bodies and our emotional health.

In coaching, we look for things that may seem like petty annoyances in life, but may actually hold people back more than they think. Worrying is a major source of potential-loss for many people. Let's see if we can put a dent in that.

Today's Intention:

**I intend to notice when I am worrying about something, then, just for today, resolve to let go of it.**

Let go means forget about it, handle the problem, or if needed, reschedule the worrying for a future time when there is more information available.

Again, today's intention:

**I intend to notice when I am worrying about something, then, just for today, resolve to let go of it.**

Have an amazing intentional day!

**Day 13: To only engage in activities that are a 9 plus for me, or make things a 9 plus.**

OK, now I know you think I have gone off the deep end on this one. Either you are wondering what the bleep I mean by 9 plus, or you get what I mean and are thinking, what, are you nuts?

A “9 plus” means something that you are really enjoying. You want to do it, you are enjoying doing it, and rated from 1 to 10, it is at least a 9 for you.

Many of us spend most of our time doing things that are really on the low end of the scale. Some possible examples...Going to the job we don't like: 2 out of 10. Spending time with people we frankly don't like: 3 out of 10. Doing our taxes: 1 out of 10.

There is a radically different way to live. A way in which you only do things you absolutely want to do and are enjoying. A 9 or more out of 10. I know what you are thinking. If I did that, I would just watch TV, eat ice cream and sleep until I ran out of money and became homeless. Well, I am not saying you wouldn't want to watch some TV for a while! But, soon enough, when allowed to come to the surface, when not blocked by forcing yourself to do things you hate, you may find that your own natural motivation and inspiration will come forth, and you *\*will want\** to do productive and beneficial things.

Now, even activities that now are a low number for you, could be a higher number (if they can't be higher, why are you even doing them again?!). For

example...doing your taxes. Instead of focusing on everything horrible about doing your taxes, what if you motivated yourself by focusing on what is great! Some examples: You know what, even if I don't always agree on how every dollar is spent, I do love living in a society where we cooperate to implement some basic resources like roads and schools...Doing my taxes is my way to contribute! Or, I am going to feel so great when this is done! Or...Maybe I'll get a refund once I total everything up! Or...I've already decided to do this, how about I get help from my spouse and we just have a fun time doing it. (I know, I picked a hard one, taxes, to use for an example, but you see what I mean, right?!)

Today's Intention:

**Today I intend to only engage in activities that are a 9 plus for me, or make things a 9 plus.**

So, all I ask is that you experiment with this for one day. I think you'll find that you have an amazing day, and may even get more accomplished than on a regular day. Certainly, you will build awareness around how much you really are enjoying or not enjoying your typical activities.

Again, today's intention:

**Today I intend to only engage in activities that are a 9 plus for me, or make things a 9 plus.**

Have an amazing intentional day!

**Day 14: To notice the things that I care deeply about.**

What in your life really matters to you? What people, what surroundings, what values, what aspects of society, etc? Have you really ever taken stock?

Today's intention is meant to have you become more aware of what is really important, to you. "Meaning" is an important component of happiness, but often, meaning gets looked over in favor of immediate tasks, or tuning out. Meaning comes from knowing what you care about and concentrating on those things in your life.

Today's Intention:

**Today, I intend to notice the things that I care deeply about.**

Let's see if you can increase your level, whatever it is currently, of awareness of what is really important to you at your core.

Again, today's intention:

**Today, I intend to notice the things that I care deeply about.**

Have an amazing intentional day!

**Day 15: To really admire and appreciate nature and what it has to offer and teach me.**

We are surrounded by an amazing bounty of life, in wonderful diversity, majesty, intricacy and interdependence. However or why-ever you think it is here, certainly no-one can deny its beauty, preciousness, and value.

What does nature mean to you? Do you appreciate it? Have you ever stopped to marvel at how it supports us, and frankly how dependant and interdependent we are with our natural surroundings?

What can the way a flower grows from a seed into a breathtaking display of color and scent teach us? How about the way a forest works, and provides clean air for our planet? What about all the amazing animals and insects on this planet? What can you learn from the way they specialize at what they do? (I don't suggest an answer to these questions, but challenge you to think about them!)

Have you ever fully allowed yourself to feel the awe and wonder that nature can engender? If you have, do you treat yourself to those feelings often enough?

Today's Intention:

**Today I intend to really admire and appreciate nature and what it has to offer and teach me.**

I hope that today you connect to some great feelings, and also perhaps some wisdom.

Again, today's intention:

**Today I intend to really admire and appreciate nature and what it has to offer and teach me.**

Have an amazing intentional day!

**Day 16: To only engage in conversations and activities that empower me.**

If you want to be your best and reach the highest level of success, you can't afford to participate in things that bring you down. It's that simple.

Conversations and activities that empower you, make you feel great. For today, if you find yourself in a situation that is not great for you, simply excuse yourself. Again, it is that simple!

I think you will find that following through on this intention will free up time, space and energy for creating great things in your life, instead of having it filled with mediocre things or things that bring you down.

Today's Intention:

**Today I intend to only engage in conversations and activities that empower me.**

I am excited to see what type of day you have when you only do things that empower you!

Again, today's intention:

**Today I intend to only engage in conversations and activities that empower me.**

Have an amazing intentional day!

**Day 17: To notice when I say things to myself that make me feel bad, and find ways of thinking of things that make me feel better.**

Hmm...Is it soft or wimpy to speak nicely to yourself? No! It is responsible, compassionate and effective if you want to be your happiest and get the best performance from yourself.

Frankly, some things we say to ourselves are downright abusive, and we would never say them to another person (at least if we were at all on good behavior!)

Here are some examples of things you might say to yourself that aren't helpful, and how they can be adjusted so that you are not lying to yourself, but you are not being mean either.

Not so nice: I am an idiot!

Better: That wasn't so smart of me...

Better yet: I am not sure I approached that in the best way...how could I do this better next time?

Not so nice: I'll never be good at anything!

Better: I might need more practice at this.

Better yet: I know I have talents; I just need to figure out what they are.

Get the idea? Sometimes you will need to try out a couple of things on yourself, and see how they feel, until you find something that works better for you (i.e. feels better to you.)

Even if you are skeptical, or proud of your rough and tumble internal environment (nothing hurts you, hmm? Sure!), I hope you at least give this a chance. This is about building yourself up to be the best person you can be, instead of tearing yourself down.

Today's Intention:

**Today I intend to notice when I say things to myself that make me feel bad, and find ways of thinking of things that make me feel better.**

I think you will feel a difference in no time!

Again, today's intention:

**Today I intend to notice when I say things to myself that make me feel bad, and find ways of thinking of things that make me feel better.**

Have an amazing intentional day!

## **Day 18: To be inspired.**

As a coach, many people come to me complaining that they are not motivated enough. But how does one become motivated? Connecting with a feeling of inspiration is one clean and effective way to experience sustained motivation.

Where can one find inspiration? More places than you think.

Today, I want you to experiment for yourself, using this intention, what inspiring things, events and people are in your life right now.

Today's Intention:

**Today I intend to be inspired.**

Inspiration is a wonderful feeling, and it can be very useful for you to reach your own dreams.

Again, today's intention:

**Today I intend to be inspired.**

Have an amazing intentional day!

**Day 19: To say “no” to the things I don’t want.**

Why do we agree to things, explicitly or implicitly, that are not OK with us? There are lots of reasons. We may not want to start a conflict. We may want others to like us. We may not think things can change. We may not even be aware enough to notice that something is wrong!

The truth is we have much more power over our time and our immediate environments than we claim.

Today, I am challenging you to simply say “no” to the things, activities or environments that are not OK with you. That may mean saying no to a request, changing some plans, or leaving an environment. It may mean many things. As you use the intention, you will learn what it means for you.

Today’s Intention:

**Today I intend to say “no” to the things I don’t want.**

Saying “no” to things that are not right for you is an excellent first (and continuous) step in creating the life that you \*do\* want.

Again, today’s intention:

**Today I intend to say “no” to the things I don’t want.**

Have an amazing intentional day!

**Day 20: To improve my physical environment in ways that are important to me.**

We normally consider that our “selves” end where our skin meets the air. But, really, the environment around us, meaning our homes, our rooms, our cars, etc., play a very large part in our lives, and are usually a faithful reflection of our states of mind, our standards and how well we are living as we choose. I venture to say that when you improve your environment, you improve yourself.

What around you is not the way you would really like it? Would you like things to be neater? Working better? A different color? What is important to you?

Adjusting your environment to be a better reflection of how you want to be can provide both immediate satisfaction, and long term energy towards reaching your goals. It is not trivial...In fact it is probably more important than you think!

Today's Intention:

**Today I intend to improve my physical environment in ways that are important to me.**

I think you'll find great benefits in following through on this intention!

Again, today's intention:

**Today I intend to improve my physical environment in ways that are important to me.**

Have an amazing intentional day!

**Day 21: To tell people how they can help me, and be grateful for the assistance.**

Humans are, for the most part, a caring and helpful bunch! We do like to help others!

But often, we forget that, and are shy about speaking up about things that could help us. Maybe we don't want to impose, or are afraid someone will say no.

Well, if it is an imposition, they should say no, and that is fine! But many people *\*will\** be in a position to lend a hand, and will be happy to do so. Everybody wins! That is, if you remember not to feel guilty, but instead just be grateful verbally and in your heart.

Today's intention may seem simple (or you may recognize it as very challenging!), but it is very powerful. We are here living in families and in societies, and speaking up for your needs is important for all of us to live great lives. This is a simple start.

Today's Intention:

**Today I intend to tell people how they can help me, and be grateful for the assistance.**

You could do this with your family, in the workplace, at the bank, at the grocery store, with your neighbors, etc.

Again, today's intention:

**Today I intend to tell people how they can help me, and be grateful for the assistance.**

Have an amazing intentional day!

**Day 22: To only be positive in my inner and outer speech.**

Your mind is like a computer...Garbage in, garbage out, right? ☺

Seriously though, what we say defines our expectations in life, and that defines what we see, what opportunities we recognize, what we choose to focus on, and how we choose to act.

Look at your life around you, and your feelings inside...They will be a faithful reflection of the words and ideas you habitually use.

It is *\*very\** important to continuously learn to speak in ways that gets the most out of yourself and others.

You don't have to worry every time you catch yourself being negative! You can just acknowledge that in a non-judgmental way, then ask yourself how you can think and speak about the same thing more positively. Not in a fake way, that you can barely swallow, but in a real way, that you recognize is a better way to consider things.

Today's Intention:

**Today I intend to only be positive in my inner and outer speech.**

You'll know if you are doing this right if you have a day that is a little bit better than usual, and things seem to go just a little bit more smoothly.

Again, today's intention:

**Today I intend to only be positive in my inner and outer speech.**

Have an amazing intentional day!

## Day 23: To feel gratitude towards everything in my life.

Gratitude is a wonderful feeling, and leaves us in a mindset that is excellent for growth and achievement. Many give passing mention to gratitude, but how often do you actually deeply feel this wonderful warm emotion?

Here is a list of some obvious and not so obvious things we can be grateful for:

- ✓ Our family, and the love and challenge they provide us
- ✓ Our friends, and the support and camaraderie they provide
- ✓ Our pets, and their unconditional love
- ✓ Our home, and how it keeps us warm and safe
- ✓ Nature, in its beauty and intricacy
- ✓ The bountiful food we have access to, and how it nourishes us
- ✓ The internet and how it allows people to communicate and grow together
- ✓ The difficult events in our lives, and how they teach us more about ourselves and stimulate our growth
- ✓ Our ability to be compassionate and forgiving towards others, and those situations that stimulate that ability
- ✓ Our minds and how they allow us to learn, do things, communicate, and improve our lives
- ✓ Our bodies, and whatever level of health we do have
- ✓ The freedom we have to create amazing lives for ourselves, and help others in the process
- ✓ Our jobs and the money and they bring us

- ✓ What are you truly grateful for?
- ✓ What could you be grateful for that you previously considered a negative?

Today's Intention:

**Today, I intend to feel gratitude towards everything in my life.**

I challenge you to really \*feel\* the gratitude (that usually requires taking a moment or two of time), and extend that feeling of gratitude to areas that you previously considered a negative.

Again, today's intention:

**Today, I intend to feel gratitude towards everything in my life.**

Have an amazing intentional day!

## **Day 24: To turn my don't wants into wants, and enjoy those feelings.**

What on earth do I mean by this? This concept has recently been popularized by “the Secret” video. But it is an important concept that has long helped people become successful and happy.

In short, to turn a don't want into a want then enjoy it, you go through these simplified steps:

- ✓ Notice something you don't want (e.g. I hate being short on money all the time.)
- ✓ Figure out what the “want” is (e.g. I love having lots of money.)
- ✓ Enjoy/experience the feeling behind the want (e.g. Having lots of money feels great because...)

Now, there are several reasons for doing this. Many believe that experiencing the feeling of something helps attract it to you, and that is just how the world works. But, aside from any physical/spiritual principles...Focusing on the want not only feels great, it keeps you in a positive mental/emotional place, ready to move forward and take action.

Today's Intention:

**I intend to turn my don't wants into wants, and enjoy those feelings.**

I am going to leave the experimentation up to you and you can see for yourself how this works for you.

Again, today's intention:

**I intend to turn my don't wants into wants, and enjoy those feelings.**

Have an amazing intentional day!

**Day 25: To give myself only positive messages about money.**

Stop and assess your bank account, debt, savings, home, possessions and cash flow. They are a faithful representation of how you have been considering money and finances up until this moment.

Would you like more money in your life? You'll need to change how you think about money and your money-making potential.

Today, any time the subject of bills, money, finances, or work comes up, stop yourself and say to yourself...How am I considering this situation right at this moment? If I forced myself, could there be a better, more positive way to think about this?

Example

Thought: I don't have enough money.

Better thought: Actually, I have always had enough to get by.

Even better thought: The truth is, I am always making more and more money.

Now, what you come up with should feel good and also true to you (even if you need to stretch yourself a little bit!)

You'll know you are doing this right when you go from worried/fearful/upset to relaxed/peaceful/happy.

Today's Intention:

**Today I intend to give myself only positive messages about money.**

In one day, you should notice yourself feeling better about your finances. Repetition of this intention will lead to a better financial situation for you in your future.

Again, today's intention:

**Today I intend to give myself only positive messages about money.**

Have an amazing intentional day!

**Day 26: To discover more about my unique gifts I bring to the world.**

We all have a unique combination of qualities, interests, experiences, talents and strengths. These combine to give us what we can call gifts. We all have a special knack for something, just a little bit different from anyone else's.

What are your gifts? If you are not sure, what hints do you have? Usually, your gifts will be closely related to things that you love to do... Things that you could do all day and lose track of time... Things that you would do for free! I believe it is also the way that you can contribute the most to your community and the world.

For most people, it is a lifelong process to continue to learn more and more about what their gifts are.

Knowing your gifts is invaluable, as it helps you create a satisfying career and life for yourself, oriented about what you love doing and what brings the most to the world.

Today's Intention:

**Today I intend to discover more about my unique gifts I bring to the world.**

Let's see if by being very observant, you can learn more about the things you are really great at! (Hint: The information may come in the form of a compliment, a desire, an interest, a book you notice, a request, etc.)

Again, today's intention:

**Today I intend to discover more about my unique gifts I bring to the world.**

Have an amazing intentional day!

**Day 27: To not judge myself or anyone else.**

Humans tend to judge...This is good, that is bad, he is good, he is bad, they should do this, they should do that, I am good, I am dumb, I should do this, I shouldn't have done that, etc...These are all judgments!

Judgments can have a healthy place in life. Some examples of healthier judgments: I think I would prefer a smaller car...or...That road is a little too busy to cross with my child...or...I think that person is feeling sad, let me give them a hug...or...That's fine that Joe and Sarah like to yell at each other, but I don't think that would suit our marriage.

However, most of us *\*really\** over do it, and really just make things *\*way\** too personal! It's not about you and it is not about them!

Personal judgments are often a source of separation and pain. They almost by definition separate you from others, and from yourself. You can flourish so much more as a person if you aren't constantly judging yourself, and judging others is just part and parcel of the same poor habit.

So, let's build awareness, and also give you a taste of what is like to not live under a cloud of judgments!

Today's Intention:

**Today I intend to not judge myself or anyone else.**

I think you'll find that you have an enlightening and peaceful day!

Again, today's intention:

**Today I intend to not judge myself or anyone else.**

Have an amazing intentional day!

**Day 28: To be in the now, living each moment to its fullest.**

When you are thinking about the past, or worrying about the future, I can guarantee you, you aren't enjoying your life. It just simply isn't possible! Our minds can only do so much at once!

When you are with your loved ones, are you really "with" them, or often is your mind off in a thousand directions? Do you really see and feel the world around you, or are you too engrossed in what is going on in your own head?

Do you know the feeling of just being and enjoying? You might remember your last really happy time, maybe enjoying being with family and friends, or some other time when you just enjoyed the moment, without analysis or need for change.

If you took your life up until this point as a whole, and subtracted all the times you were analyzing, worrying or remembering, what would you be left with? Do you think you have been enjoying actually living as much as you really want to?

There can be great value in just "being", right where you are, no matter what the circumstances, "good" or "bad". If you want to learn more about this important concept, look into the popular book *Power of Now* by Eckhart Tolle.

But, I bet you have sufficient skills already to be able to do this with a good amount of success if you intend so!

Today's Intention:

**Today I intend to be in the now, living each moment to its fullest.**

Really, what is more important than actually being present and enjoying your life?!

Again, today's intention:

**Today I intend to be in the now, living each moment to its fullest.**

Have an amazing intentional day!

**Day 29: To learn something that can help me enjoy life more.**

Today, you will get to experience the real magic that intentions can bring for you. You will see that having an intention can create something for you that you couldn't think of "yourself".

What will you learn today? I have no idea!

But, setting the intention, and holding it, will get your mind and self working such that something interesting and helpful \*will\* come to the fore.

It will be something special, important for you, right now, in this moment of life's journey.

Today's Intention:

**Today I intend to learn something that can help me enjoy life more.**

Hint: Be sure to note well the things that you learn today! In all likelihood they are important for you.

Again, today's intention:

**Today I intend to learn something that can help me enjoy life more.**

Have an amazing intentional day!

## **Day 30: To imagine, without limitation, how I would love my life to be.**

Connecting to a vision for your life can be beneficial in several ways:

- ✓ Gives you something to aim for (“shoot for the stars and you’ll hit the moon”)
- ✓ Provides sustained, internally refreshing motivation
- ✓ Provides meaning
- ✓ Helps you make choices that will lead to your fulfillment
- ✓ It feels great!

Today, I am asking you to imagine how you would really love your life to be. Don’t limit yourself by asking how that could be, if it is possible, or how you could get there. That will just hold you back right now.

You could spend the day imagining, here and there, then at the end of the day get your thoughts down on paper. Or, whatever works for you (although getting something on paper at some point is usually most powerful).

Today’s Intention:

**Today I intend to imagine, without limitation, how I would love my life to be.**

Really try to have fun with this! If it is stressful, you aren’t tapping into your imagination muscle.

Again, today's intention:

**Today I intend to imagine, without limitation, how I would love my life to be.**

Have an amazing intentional day!

## Next Steps

Congratulations! You have completed the course. Excellent work. Here are some ideas for what you can do next:

- ✓ Repeat the entire cycle for more learning and results
- ✓ Repeat some of your favorite intentions
- ✓ Work more with some of the ones you didn't like as much, they may have something important for you after all
- ✓ Start designing your own intentions, based on what you have learned about yourself
- ✓ Research some of these ideas in more detail
- ✓ Please share your thoughts, ideas and results with us
- ✓ Subscribe to our newsletter, by sending an email to [newsletter@mylifecoach.com](mailto:newsletter@mylifecoach.com)
- ✓ Reflect on what you have learned and how you would like to live your life moving forward!