## Your Intention

“Intention – Attention – Action”

It all starts with Intentions

The definition of an intention is: “something intended; an aim or plan.”

Intentions, in this sense, are more like plans that will keep you on track.

Setting Intentions, clears your mind and allows to put attention where it is important.

Everything starts with an intention, the consciousness to want something.

Adding actions to our intention is how you can manifest great things in our life.

This program is going to show you how to design a life that is true to YOU. It will introduce a framework that will enable you to create a vision for your life that is truly holistic and fulfilling. Helping you to pull yourself forward towards achieving a truly extraordinary life in 3 crucial areas (you, your career and your home).

*Write down and set your positive intentions.*

*What are your intentions for joining this Program?*

*What do you hope to leave with?*

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