

NAME _____

DATE _____

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Intention to Action Plan

When stating an intention you must also add an action to it. Intention without action is just a word. So make sure when you state your intentions, you also compliment it with an action. This will help support the manifestation process. Follow these easy steps to live a more joyful and abundant life. You got this....now go get what you want!!

Look over all pages first before starting

My Intention for the week is.....

The actions I will take to support my intentions are... (Add an action)

My vision for this intention is...(What is the outcome you desire)

How will it feel when your intention comes to fruition (go deep in the feeling, act as if you have it, and give thanks for already having it)

Intention to Action Plan

Your life is made up of personal choices and these choices or intentions are what curate your lifestyle. Create a list of what no longer serves you, so you can reprogram your mind to weed out these unnecessary thoughts. When you learn to leave out unhealthy thoughts you have more room for creating space for healthier habits, opportunities, relationships, and a life that is in-tune and in-line with you.

What thoughts no longer serve you and you choose to surrender to the universe?

TIPS When you want to surrender something to the universe:

1. Visualize it in your mind
2. Feel it with all your might (let the emotions run)
3. Give thanks for allowing this thought to come to your attention
4. Say "Thank you for showing this to me, but it no longer serves me and I surrender it to the universe, Thank you
5. Focus on breathing and watching the energy float up and away from you.

What actions will you take when the thought pops up and you know it no longer serves you? (Surrender it away, let it bother you)

How will you feel when these thoughts are no longer of worry to you? (woohoo, yes, look at me, I feel amazing)

Notes to myself to remind me that I am worthy of all that I desire.

Intention to Action Plan

Personal cheatsheet of intentions

- I start my day with ease and everything else flows to me easily and effortlessly
- My energy is my point of attraction
- The universe has my back and I trust in the process
- I am worthy of the _____(abundance, money, relationship, life) I desire
- I have the ability to achieve financial freedom
- I raise my vibration daily and love the feeling of being in the flow
- I attract what I think (So watch your thoughts)
- Everything I do turns to success
- I attract limitless abundance
- I am healed fully and completely

Preplan your intentions for the month ahead

TIPS, when stating and creating an intention.

1. Visualize it in your mind
2. Feel it with all your might (let the emotions run)
3. Use past tense statements
4. Be grateful for what you already have yet, excited for what's to come
5. Repeat, Repeat, Repeat and Believe it's already true!!