



ONLINE TOOLKIT

MY LIST OF INTENTIONS

The first step in the manifestation process is to set a crystal clean intention for what it is you want to bring into your life. In the exercise below, you will write down a clear intention for each area of your life. The Universe LOVES specifics so include as many details as possible.

***Begin each sentence with I AM SO GRATEFUL NOW THAT.....*

MONEY
FAMILY
RELATIONSHIPS
HEALTH

HOME

BUSINESS/CAREER

SPIRITUALITY

OTHER

OTHER

OTHER

OTHER