

Verbalized Intentions

Tell 3 people:

"I am standing for being a source of love in my life."

Encourage others to state these as well, and to pass it on!!! 🌍

Women: 💪

you have a special talent at getting men to say these things!!

Try it with strangers!

Have courage and have faith and watch the magic HAPPEN. ✨

Other ideas:

1. I choose to be a wellspring of love in my life. 💖
2. I commit to being a fountain of love in my life. 💧
3. I strive to be a beacon of love in my life. 🌈
4. I position myself as a center of love in my life. ☀️
5. I declare myself a source of love in my life. 🗣️
6. I dedicate myself to being a source of love in my life. 🙏
7. I align myself with the energy of love in my life. ⚡
8. I affirm my role as a catalyst for love in my life. 🔥
9. I activate myself as a reservoir of love in my life. 🌊
10. I embrace my identity as a source of love in my life. 😊

Guidance 🙏

This is guidance - asking this out loud and waiting for an answer from God:

- "What do I desire to be experiencing with my beloved?" 🧡
- "What do I desire to express to my beloved?"
- "What do I desire to create with my beloved?"
- "What do I desire to be contributing to my beloved? And to the world as a result of our union?"

Generative Questions 🤔

- "I wonder what it would feel like to (be, have, etc)"
- "How would it feel to

(Be healed, have security, fulfillment, etc)" 💭

Written Intentions ✍️

Write a future-oriented intention:

- "I am acting..."
- "I am being..."
- "I am generating..."
- "I am taking action to ... be .. act ... generate ..."
- "I am growing"
- "I am speaking ..."

Write it out. Share it with someone to boost your power! 💪📄🌱

Inner Child Writing - ✍️ **Opposite Hand Writing**

Complete these with your opposite hand:

- "Dear Mom and Dad,
- "I wish ..."
 - "Why did you...."
 - "Why didn't you"
 - "Why didn't we"
 - "I forgive you for"

Some ideas of childhood needs:

- Nurturing 💖
- Basic Hygienic Care 🚿
- Basic Life Skills 📖
- Consistency and Dependability 🕒
- Attention 👁️
- Encouragement of Your Talents ✨
- Protection 🛡️
- Being Cherished 💖💖
- Respect of Boundaries 🚧
- Unconditional Love 💖💖

☀️ BOOST Your Power, Authenticity, and Communication! ☀️

📖 Fears and problems writing - Write at least 5 qualities of love, a loving higher power, or God. - List problems and fears from the day and life. 📅 - Ask what would love do in this situation? ❓ - What can I let go of to create a greater sense of affinity in my life? 🌈 - What am I not yet seeing about the power I have to positively impact this situation? 🔍 - What can I learn from this experience that will help me become a more loving person? 📚	🧠 Intuition boost - Name out loud: What you fear 😬 - What you love 💖 *(Daily)* To BOOST your intuition!! ☀️
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INNER CHILD Intentions. 🌈 (To be spoken out loud to others - for the spiritual transformative effect) 1. "I am standing for being my own best friend and loving myself every day." ❤️ 2. "I am standing for kindness in my heart and filling it with happiness." 😊 3. "I am standing for sharing my feelings and knowing it's okay to feel." 🥰 4. "I am standing for finding joy in little things that make me smile." 😄 5. "I am standing for believing in my specialness and celebrating who I am." 🎉 6. "I am standing for taking care of my feelings and being gentle with myself." 🌻 7. "I am standing for giving myself hugs when I need comfort and love." 🤗 8. "I am standing for being proud of myself just the way I am." 🙌 9. "I am standing for being brave and trying new things with a happy heart." ❤️ 10. "I am standing for filling my days with fun and love because I deserve it." 🎈	(More child – like themes) 1. "I am embracing my true self." 💖 "I am a shining star, bright and true!" ☀️ 2. "I am committing to my values." 🔑 "I am a brave little explorer, discovering my heart!" 🗺️ 3. "I am nurturing my wholeness." 🌹 "I am a big hug of love for myself!" 🤗 4. "I am opening my heart to self-fulfillment." 🦋 "I am a treasure chest of wonderful feelings!" 💎 5. "I am standing in my power." ⚡ "I am dancing with joy in my own special way!" 💃 6. "I am honoring my journey." 🚶 "I am a magic garden, growing all the best things!" 🌺 7. "I am choosing love and kindness for myself." 🍷 "I am a happy artist, painting my dreams!" 🎨 8. "I am creating a life that reflects my true essence." 🌈 "I am a joyful song, singing my own tune!" 🎵 9. "I am seeking balance and harmony within." ⚖️ "I am a cozy blanket, wrapping myself in love!" 🛏️ 10. "I am allowing myself to grow and evolve." 🌱 "I am a little cloud, floating freely and happily!" ☁️
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"Faith is taking the first step even when you don't see the whole staircase." – Martin Luther King Jr. 🙏 ✨