INTENTIONS

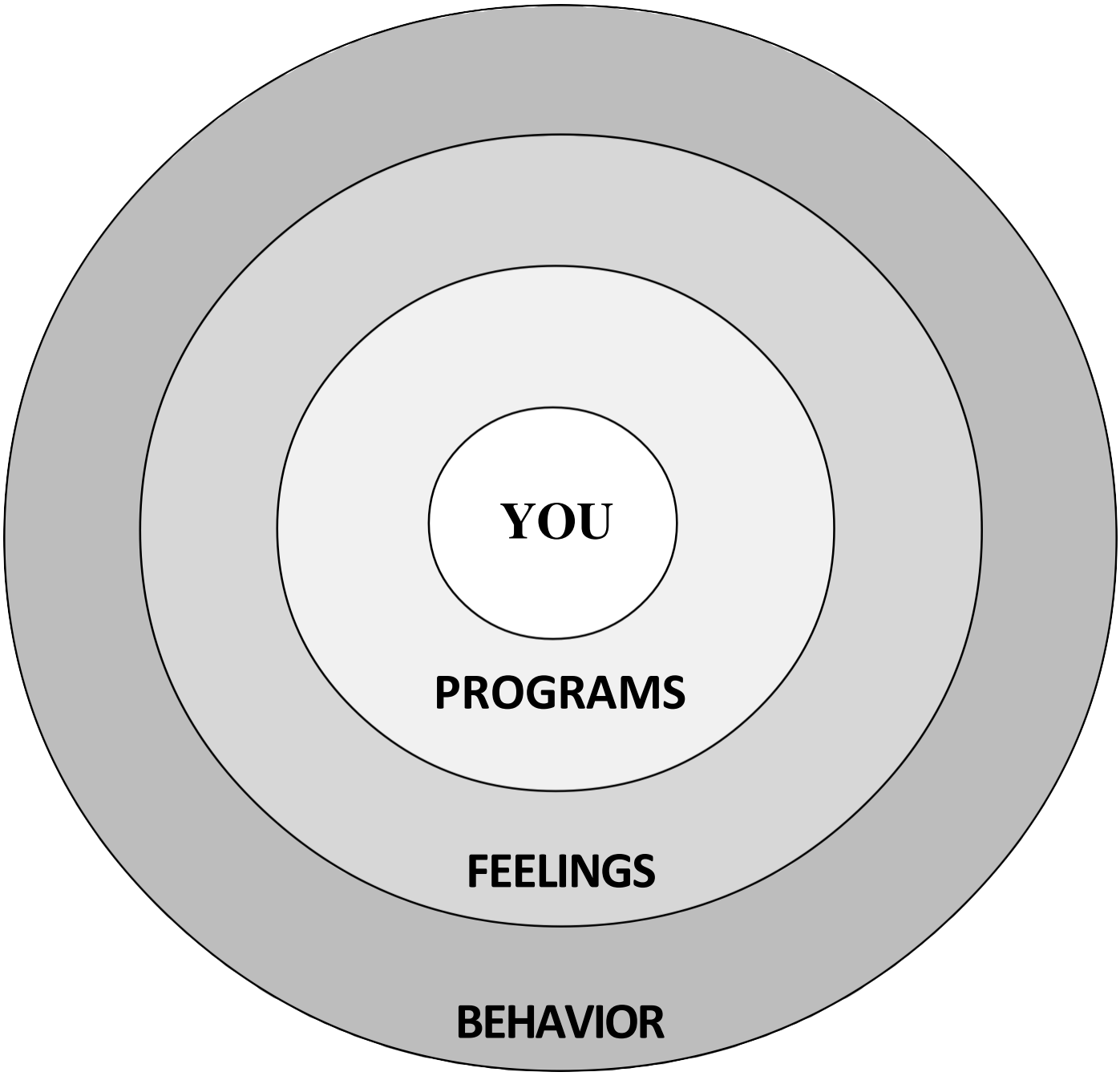
N - Noticing

Intentions are often referred to as goals or affirmations, which they are—but they are rarely called-out for exposure when those set goals, dreams, or wishes don't manifest.

Just repeating something or saying it doesn't make it happen. This workshop is about identifying the REAL intentions behind your results – and what is sabotaging your life.

Not everything has less-than-desired results. Some things in life turn out better than expected, but again, the intention behind them might surprise you.

BEFORE WE BEGIN: Jot down what you hope to discover in this workshop.



Write in the circles those thoughts that come to you regarding each area.

YOU = this is who you REALLY are.

PROGRAMS = what programs affected who you are? Programs that family, teachers, friends, etc. enforce that have stifled who you are and forced you to react in ways that are not your true self. (example: don't talk when you are talkative, etc.

FEELINGS = write down what feelings come from those programs? (frustration, fear, anger...etc. how do you manifest them?

BEHAVIOR = how do your feelings affect your behavior? How do you act out your frustrations?

These circles represent the issues that affect our lives, our future and who we are. They are like skins, each touching the other and all connected and cloaking who we really are. To find out who we are, we have to work from the outside in.

BEHAVIORS

List what behaviors you are dealing with now that are undesirable.

FEELINGS

What feelings are you aware of on a consistent basis?

PROGRAMS

What programs are you beginning to recognize that caused the above?

YOU

WHO are YOU?

Jot down events in your life where you have seen each of these behaviors manifested in your life.

All of these behaviors begin with Resentment, then Resistance, then Revenge. Under the first "R", write about what you are resisting, or what you have resisted based upon what you wrote on the previous sheet. Under the next "R", write what you are resisting, and under the next "R", write what you are acting out in revenge.

R **resentment**

R **resistance**

R **revenge**

What history would you like to walk out of now?

What FUTURE would you like to walk into?

