



An Intention Journal for Discovery and Success

“Writing is the spontaneous overflow of feelings, when the pen guides the dream and transforms pure emotion into everlasting thought.”

**Hazel Palache
The Entrepreneurs Results Coach
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Setting specific intentions helps to keep you focused and on track. If an intention doesn't get finished on the day you slate it for move it to a different day or decide if it's really a priority. If it isn't, just let it go.

Write at least one or two prime intentions for each day. Read them at the beginning of the day.

Decide at the beginning of each week how you want to feel for the week. You have the gift of choice, remember to use it.

For an extra push, sign up for our free weekly Monday Motivator, starting on August 27th, 2007.

Set one big goal for each week. Make the weekly goal clear and concise, realistic, dated and written in present tense. Example as follows:

It is now (date) I have/I am.....

I request that my clients write this on a 3x5 index card and post it somewhere they can see it morning and night.

Taking care of you is a top priority, hence this is a seven day journal. You can of course use it for longer if you keep a blank copy to complete each week of the month.

It is just as important to decide what you intend to do

and how you choose to feel on Saturday and Sunday, even if your intention is to do absolutely nothing.

You are not defined by your profession or how much money you have in the bank or by anyone else, you are defined by 'who' you choose to be.

If you write in the journal on a regular basis it will give you the opportunity to see what changes you might have made each month and whether you are on track with your goals.

I would suggest printing a copy as well as keeping it filed on your computer.

Remember that being busy doesn't mean you are being productive. Set your intentions with care and use your time wisely.

If you find yourself procrastinating, some old limiting beliefs may be chattering away in your mind that are holding you back. Be honest with yourself about what might be going on subconsciously so that you can change to positive thinking.

If you have any questions, drop me a line at Hazel@MindMasteryInternational.com.

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I hope you find this useful. Remember that success is defined by what it means to you and not what it means to someone else.

For more in depth information about coaching, home study programs and information products, check out the details at www.MindMasteryInternational.com/coaching.html.

To Your Success and Brilliance

Hazel

PS. If you haven't yet signed up for our free six lesson e-course The Astonishing Power of You, and monthly "Mind Matters" e-zine go to www.MindMasteryInternational.com.

**"Have health and hope and happiness,
Take the time to wish on a star.
And, don't ever forget for even a day....
How brilliant and special YOU are!"**

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