



ACTIVATE YOUR INTENTIONS

A INTENTION SETTING GUIDEBOOK TO CALL IN YOUR DESIRES

BY THE AWAKENED STATE

CALLING IN YOUR INTENTIONS BEGINS WITH ASKING: ARE YOU IN ALIGNMENT?

So you want to start setting some Intentions.

I find it fascinating how many people have different ways of intention setting. Sometimes this means setting a new years resolution and then forgetting about it a month afterwards. Other times this may mean being hyper-focused on our Goals disguised as intentions, where we fall into a hustle-mindset of chasing results. What I've come to find is that there are two main ways we can set intentions.

We can set intentions from a place of Alignment or misalignment. Both get us a result but often we find that when we're in misalignment with our intentions, it eventually catches up with us.

MISALIGNMENT HUSTLER

- We reactively fly into action & Believe if we work hard enough, & keep doing enough things we will push ourselves towards our goals/intentions "easily".
- We take action from fear, lack motivation, feel creatively zapped or low energy
- We find ourselves caught up in struggle, hardship, chasing & pushing away from pain
- Frequently we find ourselves: Burnt-out, Pushing, Controlling, in Inaction, freezing, overwhelmed, scared or driven by fear.

ALIGNED FLOW CREATOR

- We believe in Taking Action from Alignment where we set intention/goals from a place of being truthful towards ourselves & Feeling Good.
- We take Action but it is backed with guidance, support, flow, ease, & grace.
- We live from a state of authenticity & purpose. We are pulled by our desires & the Pleasure of expanding.
- In this space we find: Take action despite fear, prioritize alignment, magnetize what we desire easily, motivation & creativity flows as things fall into place like magic!

Are you a Misalignment Hustler or an Aligned Flow Creator?

Okay who else feels like they're a misalignment hustle? Me, me, me....I completely understand, this is how a lot of us grew up believing was the way to achieve success, goals and often push away from our emotional body, our pain.

What does this have to do with Intentions, why are you telling me this Ashley, I though we're manifesting? What I came to find is that when we set intentions from a place of misalignment this can directly affect our energy and our capacity for receiving. Let's start changing that!

WHAT IS THE DIFFERENCE BETWEEN A GOAL & SETTING AN INTENTION?

GOAL - A goal is a specific achievement we desire to make happen in our life.

ex. I want to lose 20lb in a month. I am launching this quarter.

INTENTION - An Intention is a Feeling-based goal backed with an energy of what we desire to manifest or co-create as an affirmation or mantra we utilize to activate the desire into form.

ex. I am grateful & happy that I already lost 20lbs I feel amazing. I am willing to believe that attracting money is easy in my life! I am so full of joy that I already have a healthy body.

You feel the difference right? They go hand in hand together. We could even fairly say that Goals are more divine masculine & Intentions are more divine feminine. It's good to utilize both. Goals give us a solid plan of personal or intellectual growth in all areas of our life. I recommend setting Goals monthly or quarterly.

BUT THIS GUIDE IS ABOUT INTENTION SO LET' S CONTINUE:

Here are some of the Common Questions we often have when it comes to Setting Intentions.

WHEN TO SET INTENTIONS - DOES IT MATTER?

- I believe setting your intention is a personal preference, I enjoy daily intentions but i also find there is a special magic when utilizing the New Moon. Here are some examples of the most common or magical ways to set intentions:

- ☾ Create a New Moon Charging/Activating ritual
- ☾ Set Daily Intentions in the Morning
- ☾ Set your Intention each Month within the first week of the Month
- ☾ Use Tools as Amplifiers: Crystals, oils, sage, candles, Herb etc.
- ☾ Create your Own Ritual or Practice for how you intention set.

HOW CAN WE BEGIN SETTING INTENTIONS?

This is your sacred ritual & practice. I invite you to embrace your inner witch/magician & mold this practice to your own. I personally believe it's way more potent that way. Find what works for you. Mold it into your routine. Maybe it's when you first wake up, sipping some coffee (like me) maybe it's at lunch break, maybe its after yoga/meditation/workout. This is all about Honoring you.

Here are some Common tips to Help:

- ★ Get a Nicely Made Journal
- ★ Create a sacred space (mine is the kitchen table, doesn't have to be fancy)
- ★ You can also Speak your intentions out loud or in the shower
- ★ Use an App like Live Positive to remember you affirmations or record your intentions in a daily notes app if busy or on the go
- ★ Figure out your flow & make it a scheduled habit, set a time, a date, esp. if you're someone who forgets easily



LET' S GET STARTED

YOUR 8 STEP PROCESS TO
AMPLIFY YOUR
INTENTIONS
INTO ALIGNMENT

1. ALWAYS USE PRESENT TENSE. IT IS DONE.

I get it we all want things or secretly need things but in this case, no. The most powerful way to amplify your intention is to make it present tense as if it's already done because in the quantum realm it is.

We don't want to be using words like:
'i wish for...I hope ___ happens...or I want this...I need...'

We want specific clear intentions. I choose this. I choose to receive
I am grateful now that I have/earn/receive/make
I am a success coach. I intend to manifest...
I am so grateful and happy I already...
I am willing to Believe that...

It is already done, so Activating an intention means, Activating it as if it's already real now & claiming it as such, Got it? ;)

2. WHAT FEELS ALIGNED IS THE WAY

Okay when it comes to setting an intention, if you're fixated on something that is actually out of integrity with your values or soul desires, you will block it. It's an integrity breach with who you truly are at your core.

This means sometimes we might be chasing someone else's dreams & life, like our parents or caregivers or people we idolize, or things we need to feel 'cool'
Check in with yourself here - Is this what you deeply want? Journal on this.

ENERGETIC CHECK -IN: DO I ACTUALLY WANT THIS & ALIGN WITH THIS?

3. THE MOST POWERFUL ARE DECISION-BASED STATEMENTS

Your words are your wand, declare and claim it like the Queen or King inside of you would inside your own kingdom. The most powerful Intentions are based on CLAIMING, CHOOSING, DECIDING and OWNING.

This means tapping into certainty and choosing to own it.

I declare that I am now ready to be a coach. I choose to receive those cute green pants. I am owning with my power that I am moving into more abundance in all areas of my life. wooooo! Go wild.

4. GET CLEAR

Are you certain, are you confident, are you actually being Crystal clear with your desires? Here's the thing, this was a tough lesson for me to learn repeatedly, the universe thrives on certainty. If you are wishy washy and you create wishy, washy intentions, your results will be wishy washy, muddled outcomes.

This means asking yourself: Are you crystal clear that you can feel, see, know your intention like a painted picture inside your head?
Or is it a kinda, sorta, maybe, i think that would be nice intention.

Get real with yourself. Get Clear & Get specific.

5. GET MEASURABLE

Do you ever notice how when you suddenly give yourself a date, a time, a deadline - things get real super fast and may even light a fire on your booty to get into action? That's because you made it measurable.

Depending on your degree of how much you want the thing, Make it measurable but don't attach/obsess about the numbers.

I am making 10,000 this month doing X I choose to receive this by _____.

I am releasing 20lb within this quarter by December 31st 2019.

I am launching ____ by November 11th. And it is done.

That's clear, like giving a date with yourself. You also see we're combining goals with intentions at this point, masculine & feminine merging.

6. JUMP-START THE MOMENTUM WITH ACTION

How anything comes into form isn't just by sitting on the couch. Think of any inventor out there - they didn't sit on their ass, waiting for it. They claimed it and walked it out into the world by experimenting, trying things, stepping forward step by step, often fumbling their way there. There's usually some type of action involved. It ends right now with thinking it's showing up in your backyard tomorrow evening by flying out of the sky. Poof - You have to get into action! But how do we know the right aligned & inspired action?

After setting your intention begin to ask yourself in this space, What are the 3-5 things that will accelerate this process right now?

Start there, guidance will follow.

I'm hearing you, If that is hard, get out of the way and ask spirit/god/angels for help.

Higher self/god/ angels, I am desiring _____, I am willing to do my part. Guide me towards the next steps to move me forward. Make it easy, obvious and simple for me, Thank you.

7. LOOK AT THE RESISTANCE THAT STOPS YOU

Be willing to look under the surface of what is really going on. This is often the hardest part but also NECESSARY. Look at the stories that are telling you that you can't have the thing you want. What are you actually afraid of?

We all tend to have these core fears from society, generational programming, and so forth.

Looking at the resistance can sometimes be easy or difficult depending on where we're at in our healing journey. If you need further support with this, I invite you to check out any of [my personal programs in the shop especially Soul Nourishment bootcamp & The Awakening Path.](#)

Tell a new story! What do you actually desire instead?

8. GIVE IT ROOM TO BREATHE

Release. Let go. Detach. Stop obsessing. When we are outcome focused, we move out of alignment with our goals and back into lack, fear, & scarcity. This means Hold on loosely but give it room to breathe. Think about a moment when someone cling-ed, and smothered you - what was your reaction?

ewww get away from me.

When we obsess & cling, we're like that annoying kid in the backseat asking the universe repeatedly "are we there yet, are we there yet, are we there yet?" It isn't really that cute right? All fun.

So release. Let go. Hold on loosely. Release the outcome with Active faith knowing IT IS DONE. Hand on your heart, Loving certainty it is done. It is done.

It's done. Let go.

I personally believe these 8 steps are the most POTENT way to get into alignment with your Intentions. Why am I sharing this information?

Let's get real here, if we're not actually in alignment with our true intentions, we're in for a bumpy ride of feeling unfulfilled, confused and even boredom. We're not being true to ourselves. Perhaps the most important ingredient to Intention setting is choosing to Honor your Authentic self and your authentic truth.

Remember Setting your intentions is about more than placing an order with the Universe, it's about learning to have fun while stepping into your co-creative power. Ultimately it's about Prioritizing what feels good and choosing to focus on the good. So when going into this: what do you deeply want for your life in all areas of your life? Explore. Go Deep. Dream Big. Let go to Let it flow.

So let's get to it.

And start setting some Intentions!

Let Love guide you Always,
Ash



ACTIVATE YOUR INTENTIONS

Now lets apply the 8 step process to Activate our intentions. I recommend getting a journal or notebook for this exercise. Free-flow write on these prompts as many times as you desire. Remember use the 8 step amplify process to help you stay in alignment!

1. IF I TRULY ALIGNED WITH MY SOUL DESIRES, WHAT WOULD I DESIRE TO CALL IN? I CHOOSE TO RECEIVE....

2. IF I STEPPED INTO BEING FULLY ME, WHO WOULD I DESIRE TO BE?

3. I AM SO HAPPY & GRATEFUL NOW THAT.....

4. HOW DO I DEEPLY DESIRE TO FEEL? I DESIRE TO FEEL MORE....

- WHAT BRINGS ME THESE FEELINGS RIGHT NOW?

5. WHAT 3-5 ACTIONS WILL ACCELERATE THIS VISION? GO DO THEM!

BONUS: CREATE SOME NEW EMPOWERED MANTRAS TO ANCHOR & SUPPORT THIS VISION.

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