



## Lesson 5 – Activity

### Setting Your Intention

**Focus your intent each day where you want it.**

Start each day by consciously deciding what you want to experience. Allow for time when you awaken, before you get out of bed, to focus on what kind of day you wish to have. Do not just focus on the goals you want to accomplish, although that may be part of it. Set the tone for the next twenty-four hours before your feet even hit the floor.

While you are still connected to that dreamy place of slumber, dream while awake. Dream of how you will feel today. What will present itself in your life, and how will you react to any challenges that you believe you may face today? Imagine how you will choose to be. If there is something that dominates your thoughts when you wake up, go with that. Decide before you even raise your head how you will experience it. Do not focus so much on the details, because those can always be different. Instead, think about how you will engage in whatever you do. Imagine making every decision with full awareness and without reaction.

Picture this day exactly as you would prefer to live it. Then use your other tools, like your alarm clock, to make sure you are fully aware of yourself and not go blindly acting like a robot. You can continue to reset or modify your intent throughout the day as you wish. The more attention you give to staying focused on your intent for the day, the more dramatic the results will be.

If you forget throughout the day, do not worry. Start again and refocus your attention in that moment. Nothing is lost. Do not take it too seriously, it is only a game. Just keep playing, because practice makes the master. The greater your mastery of this game gets, the more automatic it will become. Soon you will find yourself keeping your intent focused in the direction you desire without even reminding yourself.