



# 21 Intention Affirmations

I choose intentions that make me feel whole, healthy and energized.

I think big! I go beyond the expectations or achievements of others.

My intentions align with my values.

My intentions drive my daily priorities.

I know what I want to achieve as well as why.

My intentions are broad, vivid and ever-expanding.

I no longer compare my progress to others. I go at my own pace.

I widen my vision and enter the space of possibility.

I spend my time wisely, investing in what matters most.

Good ideas come in peace. As I stay in peace, my options expand.

I release confusion with clear-minded thoughts and beliefs.

I allow my mind and body to relax - there's no rush.

My inner and outer world align.

My intentions are more than random thoughts or wishes. I declare them as true for me.

I take daily actions to realize my intentions.

I release all limitations. I let my imagination run free.

I let the past go and create an authentic life reflecting who I am right now.

I release old hurts and make room for Good.

I enjoy abundant relationships, abundant success and abundant health.

I am at the beginning of a long, satisfying journey. I keep moving forward.

This is my year to...

*Are you pressed for time?*

*Hack your practice with  
a single keyword!*

*Abundance*

**Expansion**

*Pleasure*

**Freedom**

**YES!**