



Create a Powerful Intention for Your Program

An intention is a goal that you expect or intend to manifest. Having an intention is equivalent to placing your hands on the driver's wheel of your life. When you create your intentions you are powerfully affirming and declaring how you would like your life to unfold. I prefer intentions to goals because they feel softer and more achievable and from the heart. I'll talk to you more on the call about crafting a powerful intention for your cleanse.

What is that you intend to create in your 60 Day Program? (ex. I intend to successfully complete this journey. I intend to be open to all that this experience has to teach me. I intend to release all judgment toward myself during this process. I intend to let go of unhealthy foods, drinks and thoughts in order to step into my brilliance, etc.)

Once you narrow down your intention, please write it out on an index card and read, review and think about it at least three times a day. You can create multiple index cards if you like so that you don't forget about it! Set yourself up for success and please commit to allowing your powerful intention to guide you during our 60 days!