The Anatomy of a Powerful Intention Statement
7 Steps to Create Powerful Intention Statements that Magnetize Your Desires
By Kristen Howe
I’m excited to be here with you – sharing something that has been so powerful in my own life. Something that has helped me to manifest things that I never would have imagined I could. And I want to help you do the same. This powerful manifesting tool is **Positive Intention Statements**.

This isn’t something new that you’ve never heard about before – in fact so many of you understand how powerful it is to set and use positive intentions that 1 of the top questions I get is ‘HOW?’ And that is EXACTLY what I’m going to help you with today, I’m going to take out all of the guess work and show you exactly what I have been doing for years to create powerful, positive Intention Statements that raise my vibrational frequency and speed up my manifesting.

I first started using Intention Statements over a decade ago and it wasn’t long before I started feeling the positive impact they had on my life. And the most amazing thing to me was that the Intention Statements weren’t even specific to me, I had found them in different places, from different people and I had adopted them as my own.

They were definitely working, BUT after several months of using them, I felt strongly pulled to create some Intention Statements that powerfully resonated with me on a more personal level.

I began a journey of figuring out exactly HOW to do it. And, as you may or may not know, there is a lot of stuff out there on Intention Statements. A lot of it is great, but to be honest, I got some great information, but felt I was struggling for some clear steps.

So I did what I’ve always done. I took what worked for me and made sense to me and looked for the common threads between what everyone was teaching. I finally came up with a 7 step formula that resonated and worked for me in an incredible way, and that’s the formula I will share with you today.

### The Anatomy of a Powerful Intention Statement
Here’s the anatomy of the Intention Statements I create. Some of these steps may be things you’ve heard before and some may not.

Let’s get started...

**Step 1:**
Acknowledge the all powerful, ever present, presence of the Infinite Source of Creation in a name that rings true for you. For some of you it is God, for others it is Universal Energy, for some it is the ALL. There are many names for the Infinite Source of Creation and what matters for this first step is that whatever you use resonates with you.

**For Example:**
*The Infinite Source of Creation is all powerful and everywhere.*

**Step 2:**
Acknowledge that you are connected to the Infinite Source of Creation. If you struggle with this at all, remember this, if the Infinite Source of Creation is everywhere and has created everything, then YOU were created by this Infinite Source and therefore, YOU are of it and it is within you.
For Example:
I am perfectly and completely connected to the source of ALL.

Step 3:
Claim the vibration of LOVE. Love is the energy of the Universe, the source of all creation. When you claim and embody the vibration of LOVE you activate your connection to the Infinite Source of Creation.

For Example:
I vibrate with the energy of LOVE.

Step 4:
Release any blocks and resistance. So often we think we have to fight our blocks and resistance and that couldn’t be further from the truth. When you are willing to lovingly release your blocks and resistance, you FREE them with your love.

For Example:
I lovingly release all blocks and resistance.
Step 5:
Name and claim your desire in the present tense. The potential for everything exists, always. When you name and claim your desire in the present tense you take away the disconnected ‘out there’ essence of ‘want’ and connect directly to the beingness of your desire.

For Example:
I accept and allow (INSERT YOUR DESIRE) or something better to manifest in my life for the highest good of myself and all involved.

Step 6:
Express gratitude for the manifestation of your desire with enthusiasm and love.

For Example:
Thank you, thank you, thank you!
Step 7:
Let it go. Letting go is the ultimate expression of faith and is the culmination of every Intention Statement.

For Example:
*And so it is!*

Now, let’s put it all together. The more specific you are with these the better; however, for the purpose of putting it all together here, I am going to use ‘Ultimate Prosperity’ as the desired intention.

So, when we take all the pieces and put them together, here is our final Intention Statement for Ultimate Prosperity...

*The Infinite Source of Creation is all powerful and everywhere and I am perfectly and completely connected to the source of ALL. I vibrate with the energy of LOVE and I lovingly release all blocks and resistance. I accept and allow my Ultimate Prosperity or something better to manifest in my life for the highest good of myself and all involved. Thank you, thank you, thank you! And so it is!*

Play with this, you are powerful beyond measure and when you follow your intuition your Intention Statements will reflect and tap into that power in the most magnificent ways!

*You’re Extraordinary!*

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[http://www.theprosperitypyramid.com](http://www.theprosperitypyramid.com)