

10 Steps to Manifest Your Intention

Intentions are something you want to welcome into your life. It's a guiding principle for how you want to be, live, and show up in the world. Intentions come from the heart.

01

Get clear on what you want to welcome into your life.

02

Come from a good place, never wishing any ill-will or harm toward anyone or anything.

03

Get clear on why you want to welcome this into your life.

04

Meditate, work out, do yoga with with your intention.

05

Visualize what your intention will look like when it is manifested.

06

Release your attachment to the outcome.

07

Talk about your intention with others.

08

Take action: look + listen for signs from the universe.

09

Trust that the Universe is listening.

10

Celebrate yourself along the way.