



SETTING INTENTIONS GUIDEBOOK

An easy guidebook to use for anyone who is wanting to
align their Mind, Body & Soul

Nicola Paull



Introduction to Setting Intentions

Intention is the starting point of every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love.

Everything that happens in the universe begins with intention.

An intention is a directed impulse of consciousness that contains the seed form of that which you aim to create. Like real seeds, intentions can't grow if you hold on to them. Only when you release your intentions into the fertile depths of your consciousness can they grow and flourish.

Setting intentions was one of my spiritual tools I use regularly and find the results to be empowering, as long as you use the right actions and pay attention to signs.

Nicola Paull



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Write down your thoughts and feelings surrounding your desires

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I will show you a series of techniques involving setting intentions and sticking to them and manifesting your desired life.

Month _____

Date _____

How are you feeling right now?

1

In this moment, I am GRATEFUL for:

2

My current emotions as of late are:

3

This month I want to feel:

Setting Intentions

1

Describe how your mindset might be holding you back in certain aspects of your life right now?:

2

My current emotions as of late are:

3

Describe how you feel about your outlook on life right now?

Inspired Actions

1

Ways I can raise my vibration so that I am continuously aligning with feelings of joy, love, happiness, passion, excitement, and gratitude every single day

2

Inspired actions I am committed to taking in order to show the Universe that I am ready for the next step::

3

Ways my intuition have guided me in the past and how I can use those lessons in my future:

Let's Manifest

Essentially, manifestation is bringing something tangible into your life through attraction and belief, i.e. if you think it, it will come true. Now you've set your intentions, and asked for what you want, you need to ask the universe for what you want. The next step is to be mindful of—and thankful for—what you receive.

While you may not get everything you envision in the order and time frame you want, you should receive and acknowledge what you do get—no matter how big or small it may be. Let go of any resistance and limiting beliefs.



What you visualise in your mind, you can hold in your hands

My affirmations for this month are:

In order for my intentions to manifest this month, I must commit to the following:

- | | |
|---|---|
| <input type="checkbox"/> I trust in divine timing and know that my desires are on their way to me right now | <input type="checkbox"/> I am committed to reminding myself that I deserve my desires on a daily basis and acting like it |
| <input type="checkbox"/> I hold gratitude in my heart for my desires as if they have already happened | <input type="checkbox"/> I surrender my intentions and affirm that this or something better is on its way to me right now |

Happy Clients Says:



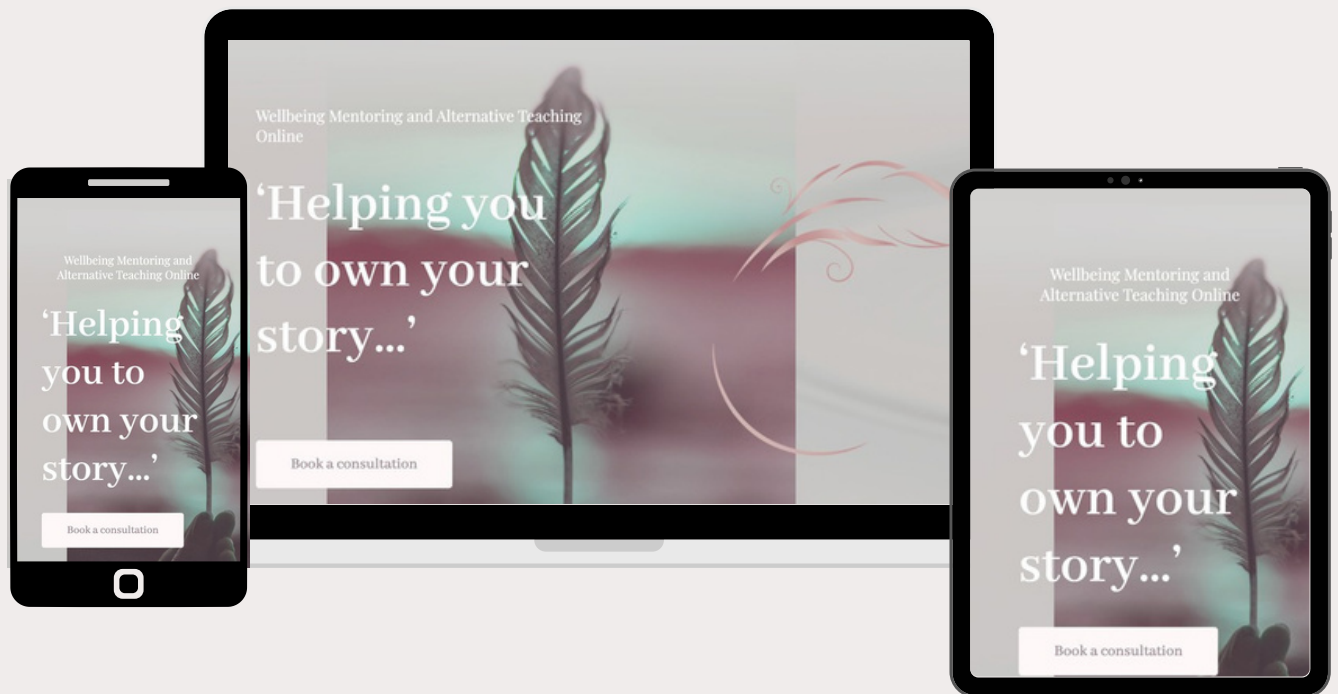
Dan Vibert said....

After suffering an episode of anxiety last year, Nicola helped me to improve my mindset, by setting intentions and using affirmations to manifest my dreams and desires. I would highly recommend her services



Zsafia Julianna Maros Said....

Nicola has been guiding me for a year and a half, helping me to focus on my emotional management. Since working with Nicola, I have come so far, and she continues to help me evolve and grow! Thank you!



Take a *Masterclass* in Setting Intentions.

Original Price £75

Limited time only £37.50

Here's your invitation to the masterclass, where you will learn how to gain clarity and manifest your desires. In this one-to-one online session, we will dedicate 1 hour to going through any limiting beliefs you might be holding onto which could be stopping you from moving forward. By the end you will understand how to manifest anything you wish for.

[JOIN MASTERCLASS](#)