



Weekly 5 minute Intention Meditation

Step by Step Guide

ONE-TIME PREP

- ❖ Join [Intention Mediation Facebook](#) group

WEEKLY PREP

- ❖ Take time to think about what you want to achieve for the upcoming week.
- ❖ If it is a bigger goal, break it down into 5-7 daily steps, keeping the main goal in for forefront. Remember, whatever you want to achieve should be something you can actually achieve in a weeks' time.
- ❖ Another approach is to think of a bigger goal that you wish to achieve over the course of, say a month and then break it into 4 weekly goals. Write the big goal down someplace... BUT the weekly goal should be what you write down for your intention.

CREATE YOUR SPACE

- ❖ Find a comfortable and place to sit
- ❖ Choose your light source
 - Candle
 - Lamp
- ❖ Put on some music (optional). This can be meditative or energizing depending on what you need at that morning☺
- ❖ Gather your materials:
 - Paper
 - Writing utensil
 - Object (something you carry with you regularly)
 - Jewelry
 - Lucky penny
 - Wishing stone...etc.

GET READY TO MEDITATE

- ❖ Write down your intention on your paper
- ❖ Create your visual (choose one)
 - On your paper, draw a shape, picture or whatever image that works for you (keep it simple!)
 - If you are using an object, wrap your intention around it
- ❖ Jump into [the Intention Mediation Facebook](#) group and get ready to manifest your heart's desire!

REMEMBER: You can join me live either **Sunday night at 10 pm EST** or **Monday morning at 6 am EST**.

Click [here](#) to find your time zone.