



# Setting *Intentions*



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## HOW TO USE THIS INFORMATIONAL BOOKLET

- Print it, if possible.
- Have a journal handy.
- Be honest with yourself.
- Take the time to read it.
- Be serious. This will only benefit you once you are honest about your reasons.
- If you are not, talk to me. Let's see what stops you for becoming serious about your future. This is after all your future.

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## WHAT IS AN INTENTION:

It is only  
when  
you  
walk the  
road  
that you  
receive.

An intention is a commitment you make with yourself to act or think in a certain way. It is the determination toward a certain action or result. Setting an intention helps you commit to and follow through on something you want to do, change, or create in your life.

Commitment requires time and effort. The reason you will sign a contract with yourself. This is serious business, and no halfway measures will bring it to pass. There is no shortcut. It is only when you walk the road that you receive.

I am going to be straightforward here—I owe you nothing and I can promise you nothing. This walk is up to you. Once you sign the [Kreativ Contract](#) with you, honour it. You can download it, print, and frame it. Then place it where you will see it constantly.

Every person had to walk this road. It will not be easy.

It cost me time, pain, choices, and effort. I did not get this because of my knowledge, age or because I deserved it. I am here because I took the time to **work** on it.

If you understand that part, you are ready.

But before you jump in, let's just look at **commitment**.

Most people don't realise the profound effects of making decisions. Often, we go through life oblivious to the thoughts we are thinking and the actions we're taking.

Every single decision that we make in a day shapes our current reality. They shape who we are as people as we habitually follow through with the decisions; we make without even realising it.

**If we're unhappy** with the results, we're getting in life right now, attempting to change how we make decisions (**starting today**) will be the key to creating the person we want to be and the life we want to have.

Here are a few ways you can go about making life-changing decisions:

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*Realise the power of setting your intentions.*

**“When you set an intention, it creates changes within your conscious in specific ways.”**

**Nancy Wagaman**

Before you decide, you need to **understand** what a decision does.

Any decision that you make **causes a consequential chain of events** to happen. It's important to understand that deciding means agreeing and accepting the consequences that follow. In realising the power of decision making, you'll gain more clarity and become more successful in making decisions.

This will also help you 'predict' the future. If you're aware of the consequences that might arise, you are more likely to make healthy decisions that support your goals.

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### *Follow your 'gut' instinct:*

We often take too long to decide because we're afraid of the outcome. We can spend a long time carefully planning, analysing, and considering the pros and cons before reaching a decision.

This can be a very time-consuming process. Instead, learn to trust your gut. Our gut instinct is usually the right decision or the one that we genuinely wanted to go with.

Even if we end up making a poor decision, going with our gut makes us more confident decision makers compared to those who take all day to decide.

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### *Follow through with your decisions:*

When we decide - **act on it!** Commit to making an actual decision.

What is an actual decision? It's when we decide on something and then follow through with action. It's pointless if we decide and play out the scenario in our mind, but fail to act and actually do anything about it.

That is just the same as not deciding at all. If we want to make genuine changes in life, we have to make it a habit to apply action to every decision until it's completed. As we practice this, we'll feel more confident with following through on the next decision that arises.

### **Food for thought:**

**Whatever decisions we make, we must prepare for all potential outcomes. We have to weigh the consequences of our choices against our goals. Otherwise, we can feel as though we're constantly blindsided by life - however the truth is we just continue making poor choices.**

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### **Maintain a flexible approach:**

This may sound counter-intuitive - but deciding doesn't mean that we can't be open to other options. For example, let's say you decided to lose ten (10) kilograms over the next month through cardio.

If another possibility becomes available, you don't have to just stick with cardio; you could be open to losing the weight through different methods of dieting as long as it helps you reach your endgoal.

Rather than being stubborn in your approach, **embrace any new knowledge** that brings you closer to conducting your initial decision. Learn from your past decisions. Learning from the decisions we've made in the past can be an excellent platform to base our future decision making upon. If we consider our past successes and failures, we can ask ourselves questions like: 'what can I do differently, this time, to make it work?' the truth is there will be times we will mess up during decision making and instead of beating ourselves up about it, we can choose to learn something from it.

**Ask Yourself** - what was positive about the decision I made? What was negative about it? What can I learn from it so I can make a better decision next time?

### **Food for thought:**

***If you want to see your past, look at your present life conditions. If you want to see your future, look at the actions you're taking today!***

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### ***Get excited about making new decisions!***

Enjoy the decision-making process - many people don't! Although decision-making might not be the most enjoyable thing in the world, when we begin to practice it often, life becomes a game of opportunity.

We'll learn a lot about ourselves on the way and become a lot more confident within ourselves and around others. Making decisions will become a lot easier through practice to the point where we won't even have to think about it.

Any decision we make from this point onwards has the potential to affect our lives profoundly. Opportunities are always waiting for us.

**Q1)** are there any areas of your life that you would like to get better results in? Consider how your thinking, emotions, habits, and beliefs have influenced the results you're currently getting in these areas?

**Q2)** what decision(s) can you make today to start achieving better results in these areas of your life tomorrow?

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### **WHEN YOU SAY, 'I INTEND TO...':**

- You place yourself in an active role for taking a certain action, rather than a passive role of waiting or hoping for it to happen.
- You create a connection between yourself and that action in your mind, which makes you more likely to complete that action.
- You commit to taking that action, which goes beyond saying you'd like to do it, or you want it to happen.

- You add the intended action to your mental to-do list, and it now will be tracked by the part of you who monitors which to-do items have been completed and which have not— again, helping you follow through on your intended action.

Nancy Wagaman. Soul in the Storm

**Intention setting is an effective tool of self-empowerment— bolstering your own power to act, change, and create what you want in your life. You become the boss of your own life— enabling you to direct your life and future.**

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### To recap:

- Realise the power of setting your intentions
- Follow your gut instinct
- Follow through with your decision
- Maintain a flexible approach
- Getting excited about decision making
- What will happen?

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### *Are you ready to sign the contract?*

I have given you all the information you need to make a clear and concise decision.

To follow through with your intention, sign the [Kreativ contract](#) and hold yourself accountable for the choice you make.

Then we can talk. Once you show me your signed contract, I know you are serious and ready to walk the creative path by finding and filling your well.

## CONTACT ME



[lynelle@kreativcollectiv.com](mailto:lynelle@kreativcollectiv.com)



Consultation R600.  
Packages are available.



[Website](#)  
[Facebook page](#)  
[Facebook group](#)



Lynelle Clark  
Filling your Well  
Creative Life Coach

