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# Instructions for your Creation Journal Templates

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*Note: The Creation Journal template is created in word docx version. If you do not have this software, there is a pdf version included that you will not be able to alter but will be able to print and fill in the blanks.*

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## Purpose

These templates are to help you create with greater elegance and ease.

## How to Use

The Weekly Creation Journal is for you to keep track of the energy flow, actions and signs from the universe that your dream is manifesting. To use:

1. Choose one major dream (or immediate intention category) to work with on each template page. Replace (Your Dream) with that dream. I suggest not focusing on more than one or two major dreams at a time.
2. Add your intention for that dream in the Immediate Intention area (in the right hand column).

For example, the Dream may be “**A Wonderful Job**”. The Immediate Intention for that dream might be: “*I intend to create a job that fills be with passion, excitement, creativity, abundance, prosperity, joy, fun, freedom, appreciation and gratitude.*”

3. Add Any Supporting Intentions. For example, Supporting Intentions for the above might be:
  - *I intend to create a job that pays me even more than I expect.*
  - *I intend to work with fun, exciting, creative and positive co-workers.*
  - *I intend that this position holds promising possibilities for expansion and promotions.*
  - *I intend that I love my boss.*
  - *I intend that this position requires up to 3 days a month travel.*
  - *I intend that this position is less than 30 minutes drive from my home.*
  - *I intend that this job surprises me in delightful, fun and interesting ways.*
  - *I intend this job is filled with amazingly wonderful perks, bonuses and benefits.*
  - *I intend that I LOVE this job!*
4. Now SAVE this document.
5. Print one each week and fill in the techniques, actions and responses blanks at the end (or during) every week. Save these pages.
6. If the responses seem to be slowing down, or not showing up, print and fill out the Flow Stoppers page and ferret out limiting beliefs (and CHANGE them!)
7. Record all successes and let us know by documenting your success for all to be inspired by (you can do this anonymously) at <http://www.livealifyoulove.com/inspire/#simple2>