



Sample Intentions

Introduction

"Dreams are necessary to life." - Anais Nin

Writing intentions for the life you desire is one of the most powerful ways to begin building your dream. Intentions are a "commitment to create" and they tell the universe and your subconscious mind that you are serious about having your dream and doing what it takes to manifest it.

Although I include the intentions below as a way to give you some ideas about how to write intentions and what categories to include, ultimately your intentions should reflect you. Use the phrases, words and detail that you want. They should ideally fill you with excitement and joy when you read them.

First, begin with your *overall* intention.

Overall Intention:

- I intend to experience greater and greater levels of magic, fun, creativity, connectedness with the divine, peace, prosperity, abundance, safety, elegance, ease, health and healing, Divine grace, Divine guidance, joy, freedom, beauty, trust, wisdom and love.

Then write intentions for all the individual areas of your life. These are your *core* intentions.

Core Intentions:

Love Life Intentions (if you have a partner):

- I intend to joyfully deepen my loving relationship with my partner, providing greater and greater levels of peace, safety, fun, freedom, ease, joy, intimacy, vulnerability, trust, play, creativity, expansion, positive activation, tenderness and love for us both.
- I intend to open my heart, as fully as possible, to feel my partner's magnificent love.
- I intend for my partner and I to lovingly support each other in our individual dreams and goals.
- I intend that my partner and I both feel deeply and richly loved and supported by the other.
- I intend that my partner and I enjoy each other's lives, friends, families, children, interests and passions, while allowing freedom for each of us to enjoy our independent lives as well—enriching ourselves and each other through these experiences.
- I intend that the communication between my partner and I be crystal clear, both with words and beyond words.
- I intend to enjoy my relationship with my partner, allowing it to unfold and deepen with elegance and ease.

- I intend that my partner and I find easy compromises and meet each other's needs while honoring our own. I intend that this will result in ideas and realities far better than either of us could originally conceive or create.
- I intend, no matter what challenges or opportunities my partner and I face, to always remember the love.

Other Relationship Intentions:

- I intend to deepen the loving, joyful and fulfilling relationship I have with each of my children.
- I intend to positively support my children in living their lives with as much ease, elegance and joy as possible.
- I intend to build loving relationships with as many of my partner's family and friends as possible.
- I intend to develop friends with whom I'm emotionally, spiritually, mentally, physically and cosmically compatible.
- I intend to create friends my partner and I both love to be with.
- I intend to create conscious, loving, interactive and supportive relationships with my star families, angelic friends and unseen friends.
- I intend that all of my relationships—esoteric, family, work related, community-based, acquaintance or just in passing, be filled with as much fun, joy, love, light, kindness and compassion as possible.
- I intend to lift those I connect with, however significantly or insignificantly, to greater levels of healing and loving. I intend to help them to recognize who they really are.

Love Life Intentions (if you want to create a partner):

- I intend to fully enjoy a wonderful loving relationship with a man with whom I'm emotionally, spiritually, mentally, physically and cosmically compatible. I intend for this relationship to be filled with freedom, ease, joy, love, intimacy, vulnerability and trust.
- I intend to create a partnership in which we lovingly support each other in our individual dreams and goals.
- I intend to create a partnership in which we both feel deeply and richly loved and supported by the other.
- I intend to create a partnership in which we enjoy each other's lives, friends, families, children, interests and passions, while allowing freedom for each of us to enjoy our independent lives as well—enriching ourselves and each other through these experiences.
- I intend to create a partnership in which communication between my partner and I be crystal clear, both with words and beyond words.
- I intend to create a partnership in which we find easy compromises and meet each other's needs while honoring our own. I intend that this will result in ideas and realities far better than either of us could originally conceive or create.

Work Intentions:

- I intend every minute I work to be filled with fun, creativity, excitement, abundance, prosperity, joy, service and positive surprises.
- I intend to create supportive, healthy and nurturing surroundings at work.
- I intend to work with like-minded people who I enjoy immensely and feel greatly supported by.
- I intend to find meaning in my work, be it the broadest dreams or tiniest details.
- I intend to remember that I am sending positive energy to the greater whole whenever I am in joy.
- I intend to gratefully and gracefully perform my destiny work on this planet, in the perfect timing, with joy and fun, and with the highest level of positive impact possible.

Physical Body Intentions:

- I intend that my physical body is one hundred percent vital, healthy and filled with energy.
- I intend to keep my body weight at the range of _____ with ease and elegance.
- I intend to reverse the aging process and fully rejuvenate my physical body. I intend to look and feel ageless.
- I intend to be drawn to and crave the movement, food/supplements and body/energetic work that my body needs to stay in perfect shape. I intend that this will have the greatest positive impact on my physical, energetic, spiritual and mental bodies.

Spiritual Intentions:

- I intend to strengthen my connection with the archangels and others from the angelic realm.
- I intend to form a deeper and stronger bond on all levels with my unseen friends who support me in this lifetime.
- I intend to deepen and strengthen my loving relationship with God and Goddess.
- I intend to see, own and become who I really am as fully as possible.

Physical Surroundings Intentions:

- I intend to create home(s) that fill my family and me with peace, joy, happiness and safety, with elegance and ease.
- I intend to elegantly and easily fill our surroundings with comfort, beauty, sensuousness and love, energetically and physically.
- I intend that my home(s) are loving and transformative places for us and the people in our lives to grow, love and heal.

Mental & Emotional Intentions:

- I intend to be a courageous adventurer and risk taker—secure and confident about who I am.
- I intend to see beauty in everyone and everything I see.
- I intend to feel totally safe and secure.
- I intend to feel that I'm always in the right place at the right time for all of my intentions to come true.

- I intend to live in the now and feel greater and greater depths of love, fun, joy, happiness, ecstasy, compassion and caring for myself and others.
- I intend to have fun continuously, and to open (more every day) to my creativity, psychic abilities and passion.

Intentions for Play:

- I intend to explore this delicious physical world, allowing my reality to guide me to experiences and adventures, information and knowing, and people who will delight me in every way.

Creative Intentions:

- I intend to open fully and completely to the greatest depths of creativity possible. I intend to allow myself to express that creativity in a myriad of fun and enjoyable ways that includes, but is not limited to, decorating, art and writing.

Financial Intentions:

- I intend unlimited cash and resources to flow into my life easily, abundantly and endlessly.
- I intend my financial abundance to provide greater and greater levels of security, freedom, ease and elegance.
- I intend to be guided to the institutions, individuals and projects that can be truly aided by my financial and energetic contributions and to know deeply and surely when and what to support.

Intentions for the Earth & Humanity:

- I intend to create a world filled with love, compassion and light with as much ease and elegance as possible.
- I intend to aid the earth in her healing as much as I am capable.
- I intend for those without a voice (people, animals, the earth, etc.) to be held in arms of love and light and for them to feel that love as much as possible.

Cosmic Intentions:

- I intend to work with my team of unseen friends and star families to aid in the recognition of the oneness of all that is.
- I intend to work in union with God and Goddess to increase the love and support felt by and extended to "All That Is" in whatever way and to the highest extent that I am capable.
- I intend to aid the multiverse in her healing as much as I am capable.
- I intend to create a multiverse filled with love, compassion and light with as much ease and elegance as possible.

Then write the intentions you are working on right now in your life. These are the intentions you want to manifest the soonest:

Immediate Intentions:

- I intend to live every waking minute of every day conscious, awake and aware in the present moment, while feeling as much joy as possible.
- I intend that all my rental properties move into a positive cash flow quickly, magically, easily and joyfully.
- I intend to live the most beautiful life possible, with harm to none and benefit to all.
- I intend to allow my companies to grow easily, elegantly and with a great deal of joy and love, into inspiring, healing, love-filled, fun and phenomenally successful corporations.
I intend to create the most loving relationship possible with my partner.
- I intend to support my children in separate but loving ways without enabling, and to see them as the strong, loving, capable, creative and successful people they are.
- I intend to change and/or transmute all subconscious and unconscious beliefs, drives, patterns and projections that keep me from living the life I was born to live.
- I intend to refinance my home for the best rate possible.
- I intend to have a blast at my in-laws party next Saturday.

Then write an intention/request for your unseen friends to help you manifest all of your intentions:

Request to my Unseen Friends:

- I request and intend to receive help from all of my unseen friends to manifest all of my intentions even greater than stated, with harm to none.

And when you are complete, revisit your intentions often. Delete the ones that have manifested. Add more as they become part of your dream. And rewrite those that aren't reflecting what you want fully and completely.

Writing your intentions is the best way to stay focused on what you want to manifest. Read them often, and feel the excitement of them manifesting as you do.

Sample Intentions for Parents:

- I intend to unconditionally love and support my child(ren) in the most loving, expansive, healthy and freeing way possible.
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- I intend to be the best example possible, of a loving, compassionate, caring, fun, passionate, successful, creative and happy human being possible for my child(ren).
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- I intend to be led to the best possible people, resources and nourishment to aid and assist in my child(ren)'s development physically, emotionally, mentally and spiritually.
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- I intend to have a deeply loving, trustworthy, honest, caring and fun relationship with my child(ren).
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- I intend to provide my child(ren) with the energies of safety, security, creativity, divinity, peace, prosperity, abundance, elegance, ease, health, joy, freedom, beauty, trust, wisdom and love.
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- I intend to be wise enough to know when to provide guidance and direction to my child(ren) and when to allow them to test their wings for themselves.

SAMPLE INTENTIONS FOR PARENTS OF OLDER OR ADULT CHILDREN

- I intend for my child(ren) to find their autonomy and step out into the world with total confidence in themselves and their abilities to succeed brilliantly. I intend to aid them in achieving this in whatever way is most appropriate and beneficial.
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- I intend to deepen the loving, joyful and fulfilling relationship I have with my child(ren).
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- I intend to aid my child(ren) in the highest way I'm capable to live the lives they came here to live; with as much ease, elegance and joy as possible.

SAMPLE INTENTIONS FOR PARENTS OF CHILDREN GOING THROUGH A CHALLENGE

- I intend to support my child(ren) in only beneficial ways and to see them as the strong, loving, capable, creative and successful people they are.
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- I intend to aid my child(ren) in healing emotionally (or mentally or physically) and empowering themselves as much as possible.
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- I intend to be connected to my child(ren) in only healthy, loving and functional ways.

Reader feedback on *The Map*:

"I received my copy of 'The Map' yesterday. I read it cover to cover in less than 4 hours. As I read yesterday, I did the first 2 exercises, I was sooooo excited I couldn't sleep, so I started reading it over again, OMG!! I have to say, I really did not know just how hurt my 5 year old ME really was until this morning, had a good cry, and gave her a HUGE hug and told her I'd be back to check on her, but there were a few things I needed to do first..... WOW!! Is all I can say!!! Thank you for this book, Boni, its already changing my life!!!"

MEB via [Boni's Facebook Author Page](#)

"YAY just ordered a copy of your book, after reading the e-book for the 4th time. Keep up the great work Boni."

AD via [Boni's Facebook Author Page](#)

"It is so easy to read and understand. I started using the concepts since January 6th and can feel a difference already! This book is just what I needed to change my life around this year!"

L. King via [Amazon.com](#)

"This book came to me during a very difficult transitional period in my life and has given me the direction to realize that what happened was based on my needs for change and growth.

With Boni's careful direction in 'The Map', I have been able to set up clear intentions, work on the elimination of negatives in my belief system and have learned to direct my energy into positive forces and thoughts that are resulting in greater inner peace, less stress and some exciting adventures.

The best part is that I have quit struggling to control everything and by letting things fall into place naturally, or as she puts it, with ease and elegance, it is by far, the easier way to go! I'm looking forward to a great new year and am keeping this book on my nightstand for reference daily, as needed."

Cathy Messenger via [Amazon.com](#)

"I thought that "E-Squared" by Pam Grout was a good book, but this one has blown me away! She (Boni Lonnsburry) really has a grasp of things that have helped me trust in the principles much more deeply! I admit I can be skeptical. I have thought in the past (re: Laws of Attraction) that all of that is simply a method of reprogramming oneself (our minds) to be more alert to the world around us and pick up on what we're looking for more readily.

But she has me more convinced that there is more to it than that, and, just like with music lessons, art lessons or dance lessons, as we practice the exercises with good intentions and due diligence, we do get better in our awareness of how we are all connected. I am going to be rereading this one for a long time to come!

I have been doing the exercises (several of them many times over) and it has been such a great release and process of discovery of who I am, and helped me gain insight into ways of forgiving those who are no longer in my life."

What a great book!

Jeff Keith via [Amazon.com](#)