

DIVINE INCOME ACADEMY

A hand holding a large, multi-petaled white flower, possibly a peony, against a dark background. The hand is wearing a white, long-sleeved garment with a gathered cuff. The flower is the central focus, with its petals radiating outwards. The background is a solid dark grey or black, which makes the white flower and hand stand out.

FREEBIE GUIDE
PLANTING SEEDS

INTRODUCTION

In this guide, you'll be learning about different intention-setting methods and practices.

This is an important step in integrating purpose into your entrepreneurship.

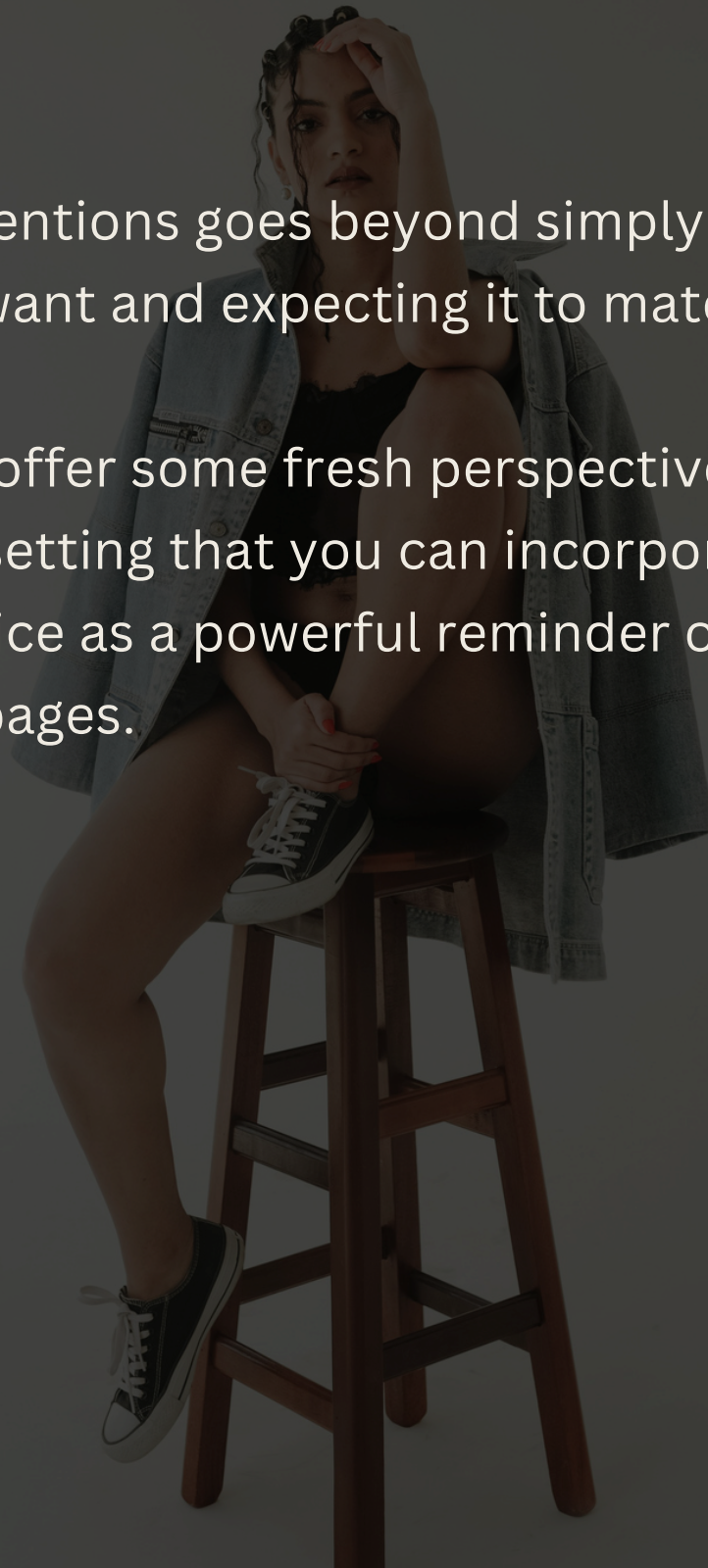
While it may sound simple, it holds profound significance.

You can elevate this process into something **sacred and meaningful to you**, so you naturally strive to give it your best.

INTENTION & DESIRE

Setting intentions goes beyond simply stating what you want and expecting it to materialize.

I'd love to offer some fresh perspectives on intention-setting that you can incorporate into your practice as a powerful reminder on the following pages.



INTENTION & DESIRE

A woman with long blonde hair is sitting on a concrete ledge in front of a large window. She is wearing a light blue denim jacket over a white top, a brown belt, and white high-heeled shoes with crisscrossing straps. The background shows a modern building with large glass windows. The overall tone is soft and contemplative.

Take an intention like, "I want to be in my dream relationship."

While affirmations and positive rephrasing techniques (which we'll discuss soon) can help manifest this intention, **the real power lies in feeling it as a deep desire.**

Tune in to your body and notice how passionate you are—or aren't—about this intention.

Desire is like fire, and when you fuel it with traits like enthusiasm, courage, passion, and drive, that desire becomes unstoppable.

INTENTION & DESIRE

I've noticed that when I truly desire something and allow myself to fully embrace that desire—much like a child eagerly wanting a new toy—that's when my intentions often manifest.

Inviting in that childlike spirit, where your desires are fun and exciting, can make all the difference.

Find ways to look forward to your intentions, to be genuinely excited about their arrival.

INTENTION & DESIRE

So, when I say "set an intention," I don't just mean recite a sentence about what you want.

I mean feel the excitement and declare to the universe and yourself, "Wow, I would really love to have or experience this," and notice the sensations this desire creates within your body.

Sometimes, a desire might bring up feelings of fear or anxiety, and that's okay.

You might need to break it down into smaller, more manageable pieces.

INTENTION & DESIRE

For instance, your ultimate intention might be to become a millionaire, but thinking about achieving that might make you feel anxious or overwhelmed.

In that case, start smaller: set the intention to learn financial literacy first.

Then, move on to making an investment, followed by earning \$10k a month.

By breaking down your intentions, you can make it easier to get genuinely excited about each step along the way.

PERSONALIZE YOUR INTENTION

Setting intentions can take various forms, and it's important to find a method that resonates authentically with you.

Of course, you can choose more than one or change your approach to intention-setting whenever it feels right.

These are just suggestions—feel free to do whatever resonates with you.



JOURNALING & SCRIPTING

FEELING, ENVISIONING,
DECLARING, DECIDING

RITUALS /
CEREMONIAL ACTS

MEDITATION, YOGA,
MINDFULNESS

SPEAKING INTO EXISTANCE

ARTISTIC EXPRESSION

Simply click on the method you'd like to explore, and each link will direct you to a separate guide for further practice.

POSITIVE REPHRASING

SETTING INTENTIONS WITHOUT LIMITING BELIEFS

When setting intentions, it's helpful to leave out words that you may associate with limiting beliefs.

For instance, if your intention is to pay off all your debt, instead of saying, "My intention is to pay off all my debt and due bills,"

you could say, "My intention is to learn financial literacy, integrate that knowledge into my financial management, achieve financial freedom, and gain greater financial independence and responsibility."

POSITIVE REPHRASING



The following steps can be applied regardless of the intention-setting method you choose.

While they do involve using pen and paper to write down a phrase, they are adaptable to any method.

For example, if you opt for an artistic approach like creating a dance to symbolize your intention, you can still begin by writing down your positive rephrasing and then use that phrase as the foundation for your artistic expression.

HOW TO POSITIVELY REPHRASE ANY INTENTION

WRITE DOWN YOUR INTENTION

Start by writing down your intention, whatever it may be.

IDENTIFY NEGATIVE OR FEARFUL WORDS

Focus on your intention and identify any words that sound negative, fearful, or disempowering to you.

REFLECT ON LIMITING BELIEFS

Consider why certain words, such as "debt," might carry limiting beliefs or fears for you.

DEVELOP A POSITIVE REPHRASE

Think about how you can describe your intention positively without using limiting words. For example, instead of focusing on "debt," focus on "financial freedom" or "financial independence."

JOURNAL AND REFINE

Write down your positive rephrases and see if any of the new words bring up fear or doubt. Continue refining your sentence until it aligns with optimism, and motivation.

INTENTION & ENTREPRENEURSHIP

Now that we've established our personal method for setting intentions and learned how to rephrase them positively, we can consider what our specific intention is and how it relates to the purpose we identified in the previous chapter.

Our intention will depend on the moment, how we feel, our goals, desired outcomes, and what we are doing.

It's essential to continually check in with our intention and incorporate it into our business endeavors.

This is the foundational step in integrating purpose into entrepreneurship.

INTENTION & ENTREPRENEURSHIP

INTENTIONS CAN BE APPLIED TO EVERY ASPECT OF YOUR PURPOSEFUL ENTREPRENEURSHIP.

Continue to the next pages for some examples to inspire you.



INTENTION & ENTREPRENEURSHIP

A person wearing a white lab coat is holding a smartphone in their hands. The background is slightly blurred, showing a laptop keyboard and a desk. The overall tone is professional and focused.

STARTING YOUR WORKDAY

You might set an intention using your personal method for how you want your day to unfold.

This could involve the amount of work you'd like to accomplish, balancing work and rest, or being the best version of yourself.

Your focus might be on productivity, balance, or personal growth.

INTENTION & ENTREPRENEURSHIP



MAKING IMPORTANT BUSINESS DECISIONS

When making significant decisions, consider setting an intention using your personal method to gain clarity and discernment, remain calm and realistic, or be divinely guided to the best choice that aligns with your purpose.

Think about what qualities you want to bring into your decision-making process.


INTENTION & ENTREPRENEURSHIP

POSTING ON SOCIAL MEDIA OR LAUNCHING CREATIONS

Before sharing online or launching something, you might set an intention to choose the right timing, reach the right audience, or achieve a specific outcome.

Perhaps you aim for a specific number of sales from that post or launch and maybe that becomes your intention.

CONCLUSION



Use these examples as a starting point to come up with your own unique intentions that resonate with you and your entrepreneurial journey.

By consistently setting and refining your intentions, you align your actions with your purpose and enhance the spiritual or divine aspect of your business.



CONCLUSION

Congratulations on completing this guidebook!

I'm so proud of you for taking these first steps toward investing in your growth and purpose.

Remember, investing in yourself—whether it's with time, energy, or money—will always find its way back to you in meaningful ways.

You're now ready to move forward, and I have just the resources to support you on this journey.

Click the button below, and you'll be taken to a page where you can explore a special offer. Feel free to take a look around!

If you have any questions, you can reach out to me at: **contact@divineincomeacademy**

[CLICK HERE TO LEARN MORE!](#)