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COACHING

# BEST INTENTION ALIGNMENT TOOL

This is a great way to clarify your desire and align the energies of what you desire with your highest self and best intentions. Alignment of energies is the core of manifestation. At the very least, connecting these three aspects of being can offer a clear path forward when you're feeling confused or paralyzed.

## DIRECTIONS

- (1) In the first circle, brainstorm adjectives that describe you when you are at your best. A way to get the words flowing is to complete this sentence:  
when I am at my best, I am...
- (2) In the second circle at the top, write your desire in the center of the circle, and then brainstorm adjectives that describe the energy of that desire around the outside of the circle. How does that desire feel when you think of it being a reality?
- (3) Around the third and bottom circle, Brainstorm and jot down your best or highest intentions around that desire.
- (4) Take a deep cleansing breath. Look over the entire diagram at the words you've written and notice what stands out to you. What energies vibrate together? What trends or similarities do you notice? What things might serve or feed one another? What aligns? You can highlight, circle, star, write them in the center of the triangle, or just observe.
- (5) Once you begin making some solid connections, complete the Call to Action at the bottom.
- (6) Move forward boldly and confidently, holding close to the positive feelings or energies of what you're working toward—everything is aligned!

