

UNLIMITED MIND online course

INTENTION & ALIGNMENT

Your thoughts and emotions hold the power to shape your reality. By setting clear intentions, connecting emotion with vision, and aligning your choices with your desired outcomes, you create coherence between your mind, heart, and energy. This is the foundation of becoming truly unlimited.

1. How to create your intention:

1. Decide what you want — Be clear and specific. Describe your desired outcome in detail.
2. Visualize it — See it in your mind as if it's already happened. What does it look and feel like?
3. Define the emotions — Connect deeply to how it feels when your intention becomes reality. Emotions are energy that activate matter.
4. Align your thoughts — You can't think one way and feel another and expect your life to change. Your thoughts and emotions must work together.
5. Write it down — Create a symbol or a single letter that represents your intention, and use it as a daily reminder of who you are becoming.

2. How to stay in alignment:

- Stay focused on what you DO want, not what you don't want.
- Make new choices that align with your future self.
- Use your emotions as creative energy — feel abundant, grateful, and empowered.
- Shift from fear-based decisions to love-based ones.
- Remember: life isn't happening TO you, it's happening FOR you.

PRACTICE: Each day, take a few minutes to reconnect with your intention. Feel it in your heart, visualize it as real, and act as the person who already lives it. When you align your thoughts, emotions, and actions, you embody your unlimited potential.