7 Questions to Set a Powerful Intention

Refer to these anytime you feel a need to shake shit up:

1) What do you want to BE more of? Fill in the blank, “I want to be more...”

2) What is a word, phrase or metaphor to capture this?

3) What will this give you?

4) What’s important about that?

5) In order to be more X, what do you need to say yes to?

6) In order to be more X, what do you need to say no to?

7) What discomfort are you willing to welcome to have this?

Once you have your word:
1) Put your word in a place where you’ll see it everyday to remind you of this intention.

2) Ask yourself, how can I be more X in this situation? What would X do?

3) Repeat this exercise and change this word up anytime you feel called to shift things around.

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Hey Woman!

I’m Summer, a professionally trained coach specializing in body image, self-worth and confidence.

I work with women who are done with letting the scale dictate their self-worth.

The only problem is you feel uncomfortable in your body and long to be thinner. You’re constantly comparing yourself to other women and you let other people’s judgments

You deserve to live your life without giving a second thought to the way you look or how other’s perceive you.

Rock Your Body gives you a step-by-step way of building up self-worth beyond your jean size, so you’ll be able to unabashedly wear what you want, say what you want and do what you want. That is living.

Get on the waitlist for Rock Your Body to be the first to hear about when enrollment opens and to receive a special bonus.

I’d love to do this with you.