



Sweet Spot Style
YOUR BIZ 

Once you clarify your purpose, the way to do it becomes clear.

Desha Peacock

I've used intention to create a lifeSTYLE that reflects my values + deepest desires. My intention (along with some other tools I'll share later) have helped me create a life full of freedom, creativity, beauty and travel. You can find a link to my personal story below, but first let me share how you can get started writing your own intention.

how to write your life intention

Why it's important

I've used intention to create a lifeSTYLE that fits my values, and deepest desire. You can find a link to my personal story below. Clarity brings focus. And focus brings abundance. A clear life intention can help you maintain that focus and clarity so you can create a biz + life you crave. Your intention is your road map, your mission statement, your guiding force that keeps you on track and helps you manifest what you want faster.

Draft Your Intention

Whether you have a particular goal in mind or not, I'd like you to practice writing an intention that includes your core desired feelings + your ideal lifestyle. You have the power to create a life you love, so let's make sure your intention describes it well!

Tips for Writing Your Intention

There are lots of ways to write a life intention. You can keep it short and sweet, or long and detailed. You can focus on a few key areas (relationship, money, career, parenting) or make it holistic. It depends on what is **really important to you right now**. You get what you focus on, so let's make sure you are focusing on what you want rather than what you don't want. There's no right or wrong way to do it and it really is a process. As your desires change, so do your life intentions.

There are only three important things to keep in mind when writing your life intention.

1. Write it in the present tense (not future). Ex. Don't say, "I *will* live in a beautiful home," Say, "I live in a beautiful home". The point is that we are visualizing the future, but we want to manifest it now and if we are focusing on the future, all our dreams will always be somewhere off in the future. This is where we get to have fun, allow ourselves to dream and use the imagination. It's also a practice in faith.

2. Keep it positive. Ex. Don't say, "I don't worry about money" or even worse "I will stop worrying about money" instead say something like, "I am blessed financially. I enjoy complete (fill in the blank...)"

3. Also try to describe the feelings you want rather than very specific outcomes b/c sometimes the universe has more in store for us than we can even imagine and sometimes what we think will give us joy, doesn't. Ex- Have you ever prayed to get a certain job and then hated it? If you pray to receive a job that gives you x, y, z (fulfillment, acknowledgement, abundance, etc.) and you get that, you can't go wrong.

Examples of Life Intentions

Desha's Life Intention (practical approach)

In 2013 my intention was simple (well, short- not that simple!)

1. Write the book.
2. Build the brand.

My overall life intention (based on feelings)

I am surrounded by beauty - my home, gardens and personal style creatively reflect the essence of who I am. I am inspired by my surroundings. I have opportunities to experience international cultures/travel/beauty and have access to warm climates ☺

My work is fulfilling, creative & I am able to use my talents and passions towards my higher purpose. Work feels like play, it fuels me. I feel energized. I feel supported and recognized. I feel proud and successful. I feel financially abundant and free to make choices based on my intuition rather than my pocket book. I am grateful for good health. Life at home with my family is peaceful and pleasant. I have plenty of time and energy for my family and friends. I am grateful. I am lucky. Thank you. Desha

Client Example A

I am giving full expression to my essence. I feel loved, cared for, and cherished starting with how I take care of me. I express this by making time to relax, exercise, doing things I enjoy and building friendships. I build positive interpersonal relationships by listening more and learning non-violent communication. I consider my needs and inner voice important when I am making decisions about how I spend my time. I feel peaceful, calm, and balanced.

I spend my time working part-time as a _____ in a _____ practice with a positive atmosphere. Working part-time gives me time to do other things like exercise, organize my home, have friends, and do things I enjoy. As I transition into a new work environment, I feel calm, organized, capable and confident. The process is easy, energized, and exciting.

I have a satisfying partnership in my marriage to create a harmonious home where everyone feels respected, cared for, loved, and cherished. Within this family, I continue to focus on parenting my son so that he is a responsible, caring, respectful person.

I am a powerful, smart woman that can make things happen. I present myself as being knowledgeable, confident, and self-assured.

I am a likeable person who attracts people to me. I listen to what they have to say and learn what motivates them (their need and perspective). I easily communicate and confidently express my needs without worry of disappointing them, because I trust my intuition- it hasn't let me down before.

I take care of my health by exercising daily, eat healthy foods, and limit unhealthy foods.

Client Example B

Financial abundance comes to me easily in expected and unexpected ways. The universe supports me as I work in my higher purpose. At work, I feel free and confident. I take inspired action and use my time efficiently with great results. My home is small, yet has plenty of open space. It's free of clutter.

take inspired action now

Take inspired action now and write your life intention. This could be an overall life intention or a 3-6 month intention focused on your biz + life.

my whacky story

Want to hear my whacky personal story of how I've used intention to manifest my dream home? I wrote about it in my book [Create the Style you Crave](#), but you can access my story right here. [Just download the PDF of my personal story using intention here.](#)

want to learn more?

Writing your intention is just the first step to creating your Sweet Spot Style Biz or Life. There are actually 7 Steps. If you'd like to learn more, please join me over at Sweet Spot Style Your Biz where I'll be sharing more tips to help you create a biz + life you crave. You'll learn more about the 7 Steps, including my favorite tool to help multi-passionate creatives gain clarity + focus. [Sign up for more awesome resources HERE.](#)

Xo Desha Peacock

<http://www.sweetspotstyleyourbiz.com>