



Setting Intentions: Discover the Power of Intention Setting, and How to Turn Intention into Action

Francis Girard

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We all have goals and dreams that we would like to see become reality. We all desire for improvement within our lives, whether in our careers or in our personal lives. The only problem is, not all of us know how to go about manifesting these desires. Sometimes it's just hard to determine how or where to start, and how to "keep on keeping on" when the road towards realizing our dreams gets rough and rocky. Proof of this is in the number of New Year's resolutions made and subsequently broken within a few weeks of every January. Did you make any at the start of this year? How much closer are you to your goals now? If you haven't gone very far, don't worry, you're on the right track by reading this now. The good news is that there is a way to go about making these positive changes in your life that will greatly improve your chances of, or even guarantee success. It all starts with setting intentions, the right way. If you meet difficulties along the way, your underlying intentions can help you overcome them and progress forward on track. This book is designed to show you exactly how you can use intention setting to establish goals and then follow through to actually achieve them. You'll learn how to decide what you really want, and how to make it all happen.

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