



KIDEST OM
Author, Teacher, Coach
Conscious Evolution, Manifestation, Empowerment

Worksheet

Intention Setting



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If you are experiencing physical or emotional symptoms that require professional attention, please consult a qualified healthcare or mental health professional.

All practices and tools shared here are meant to complement—not replace—professional advice, and should be used at your own discretion and responsibility.



The Science of Goal Achievement: Why Intention Setting Works

Research in psychology and neuroscience reveals that intention setting is far more than positive thinking—it's a scientifically-backed practice that rewires your brain and directs your behavior toward your desired outcomes.

Key Scientific Principles:

- **The Observer Effect:** Quantum mechanics demonstrates that the act of observation influences the behavior of particles at the quantum level (Heisenberg, 1927). While the direct application to human consciousness remains debated, this principle metaphorically illustrates how focused attention and observation can influence outcomes. When you consciously observe and direct your attention toward your intentions, you become an active participant in shaping your reality rather than a passive observer of circumstances.
- **Reticular Activating System (RAS):** When you set clear intentions, you activate your brain's filtering system, making you notice opportunities and resources related to your goals that were always present but previously invisible to you (Cisek & Kalaska, 2010).
- **Neuroplasticity:** Writing and revisiting intentions creates new neural pathways. Your brain literally reshapes itself to align with your stated goals, making aligned behaviors feel more natural over time (Pascual-Leone et al., 2005).
- **Implementation Intentions:** Research demonstrates that people who create specific "if-then" plans are 2-3 times more likely to achieve their goals than those who simply state what they want (Gollwitzer & Sheeran, 2006).
- **Self-Affirmation Theory:** Present-tense language activates brain regions associated with self-processing and reward, reducing stress and increasing openness to change (Cascio et al., 2016). When you state "I am" or "I now have," your brain begins closing the gap between your current and desired reality.



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- **The Progress Principle:** Research shows that recognizing existing resources and small wins creates positive momentum, significantly increasing the likelihood of sustained progress (Amabile & Kramer, 2011).



Introduction

There are a few important elements to setting intentions.

1. Use Present-Tense Language Throughout

Write as if your intention is already unfolding in the present moment. This practice signals to your subconscious mind that change is happening NOW, not in some distant future.

Required Language Patterns:

"I am now..." (not "I will be...")

"I now have..." (not "I want to have...")

"I now do..." (not "I'm going to do...")

"I now can..." (not "I hope to...")

"I now attract..." (not "I need...")

Example:

Weak: "I will be confident in my business."

Strong: "I am now confident and capable in growing my business."

The word "now" is particularly powerful—it collapses the perceived distance between where you are and where you're going, creating an immediate emotional connection to your intention.

2. Include a positive emotion in your intention statement.

Include positive emotions in your intention statement to create an emotional link to your positive outcome. Positive emotions help create a strong anchor physiologically and create coherence energetically.



Instructions

The intention setting worksheet has eight prompts to help you formulate and articulate your clear intention statement.

1. MY INTENTION IS:

Write your intention in present tense using "I now am/have/do/can" language. Be specific and positive (focus on what you're moving toward, not away from).

2. THIS INTENTION IS IMPORTANT TO ME BECAUSE:

Connect to your deeper "why." Use present-tense emotional language: "This matters because I now value..." or "I now feel called to..."

3. WHAT'S ALREADY IN MY LIFE THAT WILL HELP ME MANIFEST THIS INTENTION:

List your existing resources, skills, relationships, experiences, and strengths. Write each as a present-tense statement: "I now have...", "I now am...", "I already possess..."

4. WHAT I NEED TO ATTRACT INTO MY LIFE TO MANIFEST THIS INTENTION:

Identify what you're calling in. Use language like "I now attract...", "I now welcome...", "I now draw into my life..."

5. MY NEXT STEPS ARE:

List 3-5 specific, actionable steps. Use present tense: "I now commit to...", "I now take action by...", "I now begin..."



6. HOW I WILL KNOW MY INTENTION IS MANIFESTING:

Describe the tangible signs and feelings that show your intention is becoming reality. Use present tense: "I now see evidence of this through...", "I now experience...", "I now notice..."

7. THE PERSON I AM BECOMING THROUGH THIS INTENTION:

Describe your evolving identity. Use "I now am..." statements to embody the qualities you're developing.

8. MY COMMITMENT TO MYSELF:

Write a present-tense commitment statement. Example: "I now commit to honoring this intention by taking consistent action, remaining open to opportunities, and trusting the process."

Revisit your intention worksheet weekly. Each time you review it, you strengthen the neural pathways associated with your goals and prime your mind to recognize aligned opportunities.



Sample Worksheet

1. MY INTENTION IS:

I am now grateful to be building a thriving coaching practice that serves 10 ideal clients per month and generates sustainable income that supports my lifestyle and values.

2. THIS INTENTION IS IMPORTANT TO ME BECAUSE:

I now gratefully value making a meaningful impact on others while honoring my need for financial stability and creative freedom. I now feel called to use my unique gifts to help others transform their lives, and I now recognize that building this practice allows me to live in alignment with my deepest purpose. I feel fulfilled.

3. WHAT'S ALREADY IN MY LIFE THAT WILL HELP ME MANIFEST THIS INTENTION:

- I now have three years of coaching training and certification
- I am now skilled at creating trust and rapport with new people
- I already possess a network of 200+ supportive connections on LinkedIn
- I now have testimonials from five past clients who experienced transformation
- I am now comfortable with technology and social media platforms
- I now have a dedicated home office space and time set aside for my practice

4. WHAT I NEED TO ATTRACT INTO MY LIFE TO MANIFEST THIS INTENTION:

- I now attract a consistent stream of ideal clients who value my services
- I now welcome a mentor or coach who has built a successful practice
- I now draw into my life systems and tools that streamline my business operations
- I now attract opportunities to speak or teach that increase my visibility
- I now welcome financial abundance and the resources to invest in my growth



5. MY NEXT STEPS ARE:

1. I now commit to posting valuable content on LinkedIn three times per week
2. I now take action by reaching out to five potential mentors this week
3. I now begin offering one free discovery session per week to build momentum
4. I now create a simple client onboarding system by Friday
5. I now invest 30 minutes daily in professional development

6. HOW I WILL KNOW MY INTENTION IS MANIFESTING:

I now see evidence of this through increasing engagement on my social media posts and regular inquiries about my services. I now experience a sense of flow and ease in my client conversations. I now notice that I'm receiving referrals from satisfied clients and that my calendar is filling up with discovery calls. I now feel energized rather than drained by my work, and I now see my bank account growing each month.

7. THE PERSON I AM BECOMING THROUGH THIS INTENTION:

I now am a confident, authentic coach who trusts in my ability to serve others powerfully. I now am a successful business owner who makes aligned decisions and takes consistent action. I now am someone who values both service and abundance, knowing they go hand in hand. I now am growing into a leader in my field who shares generously and attracts success naturally.

8. MY COMMITMENT TO MYSELF:

I now commit to honoring this intention by taking consistent action even when doubt arises, remaining open to opportunities that may look different than I expected, and trusting that I am exactly where I need to be in the process. I now give myself permission to adjust and evolve this intention as I grow, while staying true to the core vision. I now choose to celebrate every small win along the way.



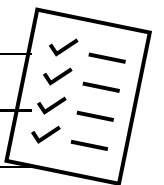
Intention Setting Worksheet

My intention is:



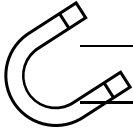
! This intention is important to me because:

What's already in my life that will help me manifest this intention (skills, strengths, knowledge, relationships, etc.):

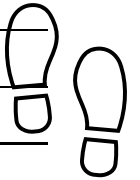




What I need to attract into my life to manifest this intention:



My next steps are:



How I will know my intention is manifesting:





The person I am becoming through this intention is:



My commitments to myself are:



Notes:





References

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About Kidest OM

Kidest OM (Kidest Mengistu) is an author, teacher, and conscious evolution coach whose work bridges science, spirituality, and the art of conscious creation. Through her books, courses, and teachings, she helps individuals expand their consciousness, strengthen their energetic coherence, and manifest deeply fulfilling realities.

Kidest's frameworks integrate quantum biology, psychology, physics, and consciousness-first principles—offering clear pathways for embodying personal power, emotional intelligence, and well-being.

Her writing, videos, and tools empower you to experience your life as a creative field where consciousness, alignment and intention transform possibility into reality.

Learn more at infinite-life.com



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★★★★★ 
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Helpful and inspiring

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Indispensable ✨

★★★★★ 
Brilliant—could transform your life.

★★★★★ 
I give it TEN stars! ✨

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Anything You Want by Kidest OM

Discover the timeless principles of manifestation from a consciousness-first perspective. *Anything You Want* guides you beyond surface-level techniques into a deeper understanding of how alignment, emotion, and attention shape reality. This bestselling book invites you to reconnect with your innate creative capacity and experience manifestation as a joyful, effortless flow of coherence between mind, energy, and life.

If you've ever wanted a clear, practical path to creating consciously—this book is your roadmap.





Featured Course by Kidest OM

The Manifestation Masterclass

This in-depth program is your guide to mastering conscious creation. Combining psychology, quantum principles, and energetic embodiment, the Manifestation Masterclass teaches you how to align your inner state with your desired outcomes.

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