

Intention Setting Worksheet



By Kidest OM



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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 Intention Setting



THE NEUROSCIENCE

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.



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).

How to Write Powerful Intentions



WRITING INTENTIONS

Write as if your intention is already unfolding—not something you are waiting for, but something you are living right now.



Write in the Present Tense

Use "I am now...", "I now have...", "I now do...", "I now can...", and "I now attract..."—never "I will," "I want," or "I hope to."



Anchor It in Emotion

Include a positive emotion in your statement to create an emotional link between you and your desired outcome.



Weak vs. Strong

Weak: "I will be confident in my business." **Strong:** "I am now confident and capable in growing my business."

Intention Setting Worksheet – Prompts 1–4



WORKSHEET • PROMPTS 1–4

1 My intention is

Write in present tense using "I now am / have / do / can" language. Be specific and positive.

2 This intention is important to me because

Connect to your deeper "why." Use present-tense emotional language.

3 What's already in my life that will help me manifest this

List your existing resources, skills, relationships, experiences, and strengths.

4 What I need to attract to manifest this intention

Identify what you're calling in. Use "I now attract...", "I now welcome..."

Intention Setting Worksheet – Prompts 5–8



WORKSHEET • PROMPTS 5–8

5 My next steps are

List 3–5 specific, actionable steps. Use "I now commit to...", "I now take action by..."

Step 1

Step 2

Step 3

6 How I will know my intention is manifesting

Describe the tangible signs and feelings that show your intention is becoming reality.

7 The person I am becoming through this intention

Describe your evolving identity. Use "I now am..." statements.

8 My commitment to myself

Write a present-tense commitment statement.

Revisiting Your Intentions



THE REVIEW RHYTHM

Revisit your worksheet on a steady cadence. Each review strengthens the neural pathways tied to your goals and primes your mind to recognize aligned opportunities.



Weekly Review

- How am I embodying this intention in my daily life?
- What evidence of manifestation have I noticed this week?
- What actions did I take that aligned with my intention?
- What resistance or blocks came up? How did I respond?
- What do I want to focus on in the coming week?



Monthly Check-In

- How has this intention evolved?
- What has shifted in my identity and beliefs?
- Is this intention still aligned with my deepest values?
- What new intentions am I ready to set?

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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★★★★★ 
Life-changing! ✨

★★★★★ 
Helpful and inspiring

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

★★★★★ 
Must read!!

★★★★★ 
Indispensable ✨

★★★★★ 
I give it TEN stars! ✨

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The Positive Emotional Intelligence Course

Learn how to self-regulate your emotions and elevate your baseline state of well-being. This transformative course integrates neuroscience and mindfulness to help you understand, process, and redirect emotional energy effectively.

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Featured Book: Anything You Want by Kidest OM



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

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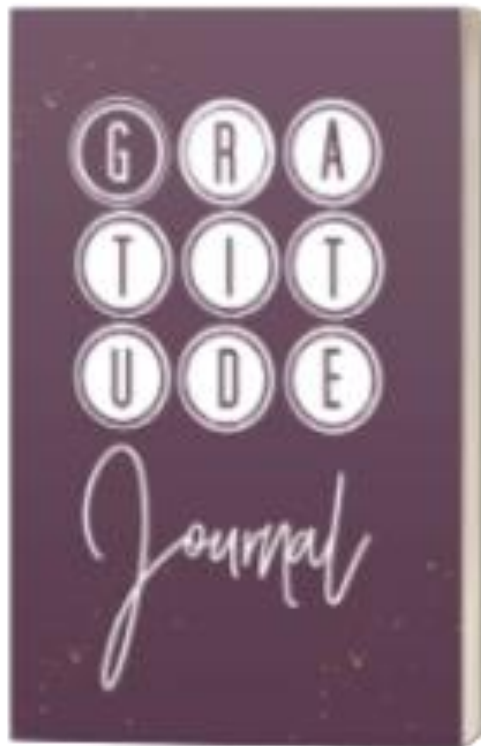


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