

INTENTION

Most individuals I work with are striving to live a life of **contentment**. Contentment is a state of happiness and satisfaction in all areas of your life (personal, professional, social, financial, health, etc.).

I have found that the key to reaching true contentment is....**intention**. Intention is a fantastic tool that allows you to be present and centered in the present moment of NOW, regardless of where you are or what you're doing.



Let's break down **Intention**:

1. Intention is having the conscious awareness of **deliberately** bringing a specific mindset, emotion or action into the present moment of NOW.

In other words, you're not just showing up, winging it and going through the motions. Instead, you're in the NOW, awake, aware and conscious of all that is happening and in doing so you allow the Universe to deliver only good and positive outcomes.

2. When you bring **intention** into your life, in the present moment of NOW, you're filled with conviction, knowing, confidence, security, high energy and passion.

At home, your **intention** is to be a fantastic husband-father-wife-mother-teacher-caregiver, dispensing love and security to everyone. At work, your **intention** is to add value to every interaction you have during the day. Everywhere you go, you're focused on making others feel good about themselves, taking the time to comprehend what others need and want from you and none of this can be done successfully without **intention**.

3. There are so many benefits from deliberate focused **intention**:

- **Contentment** in one's life
- An increase in your level of **gratitude** (gratitude acts as a magnetic force that pulls to you the resources you need from the Universe)
- **Amplifies** your **zeal** for life

- Allows you to see the future. It's amazing how ***intention*** gets rid of all the noise, clutter and distraction. It opens up a clear understanding of what your tomorrow will be.

Starting today, practice living a life of ***intention*** and use it to create **contentment** in your life every day.

I look forward to hearing how you stay in the NOW and use ***intention*** as a tool for **balance**, **contentment** and **peace** in everything you do.

Summar and I want to graduate Alex for graduating high school. She has already accepted her next academic challenge. We know she will be enormously successful in her college journey. Go Alex!!!