

‘Activate your Personal Genie’

Pre-Course Assignment 2

Make positive intentions for all areas of your life the way you want it to be.

- 1.** Look back on your answers for **Life Clarity Pre-Course Assignment 1**.
- 2.** For the life area/s that you have identified that need your immediate and urgent attention, write down how you would like it to be ideally in your thoughts, emotions and results.
- 3. INTEND** your change, and write it down as if you have already achieved your change, right now. Be as detailed and specific as possible when making your positive intentions. There is no such thing as too many positive intentions, the clearer and more specific you are with each positive intention, the easier it is for you to attract it into your life and manifest it into reality. The more real you make your new H.P.S reality by intending every aspect and detail of each life area, the sooner you will be able to make changes and see and experience the phenomenal results of those changes.
- 4.** When writing down your intention, wish or desire, do not say, “I will”
This means that it will happen in the future, which means it will never happen.
To give more power and energy to your intention, write it down in present tense- that it is happening now.
Example 1: instead of “I will stop smoking”; say “I am really healthy now that I have stopped smoking”.
Example 2: instead of “I will save money”, say “I feel secure with all my savings.”

N.B. You are not lying to yourself- you are sending the messages to the universe that this is your reality. Following the Law of Attraction, the universe starts to work and shift to bring that reality to you immediately.
- 5.** Observe how you feel by writing your intention in the present tense. There is a sense of energy, joy, and excitement to hear the reality in your life right now. These positive feelings naturally give you ideas and motivate you to take action to make what you have written a reality.

6. After you have intended how you like your urgent life areas to be, continue to do the same for the other key life areas.

Sample answer for SELF

Thoughts/Self –talk

I am my number 1 cheerleader for whatever I do in my life.

I am ok with myself when I make mistakes.

I admire my courage for doing all the things I am fearful of.

Emotions

I feel at peace within myself.

I feel that I am more than enough.

I am so happy now that I see what an amazing person I am.

Results

I am happy to listen to others talk knowing that there are plenty of opportunities for me to shine too.

I approve of myself and no longer look for other's approval.

I feel safe and free to make mistakes and learn from them.

I enjoy every moment of my day as all my work now feels like play.

Sample answer for HEALTH

Thoughts/Self-talk

I am proud of my body.

My body is so amazing and beautiful.

My body is a miracle; it does whatever I ask of it.

I am so full of energy.

My body heals every day.

Emotions

I feel light and sexy.

I feel young and free.

I am pain free.

Results

I wake up every morning now feeling so rested and energized.

I go through my day pain free and so excited about everything I do.

I love my new and improved body every time I look in the mirror.

I feel so proud of myself every time I get to wear the clothes I really want to wear.

I am healed from all pain and illness.

Sample answer for Relationships

Thoughts/Self-talk

I am good at maintaining the Relationships in my life.

I am able to admit when I am wrong and listen to what others have to say.

I am good at working through disagreements with others.

Emotions

I feel really connected with the people in my family.

I really like the people I work with.

I enjoy making new friends.

I love talking with people now.

Results

The people in my life understand me.

I have supportive and loving relationships in my life.

There is peace and harmony in my relationships.

My communications with others flow really well now.

Sample answer for Work

Thoughts/Self Talk

I am very skilled and capable and I get what needs to be done on time, and well.

Whatever I need, comes to me at the right time.

I am abundantly provided for.

Innovative ideas come to me easily.

Emotions

I feel so at ease knowing that there is more than enough time for me to do everything I need in my life.

I feel confident knowing that I can achieve anything I want.

I feel free and at peace knowing that I am supported by the Universe and all around me.

Results

I get through my work easily and effectively.

I work less now and have more time for fun!

My work is like play.

My entire life is like a holiday.

Sample answer for Wealth

Thoughts/Self Talk

I am abundantly provided for.
I have more than enough to spend on what I need and love.
My unique wealth flows into my life every day.

Emotions

I feel relaxed whenever I look at my bank account.
I am calm and at ease when I spend money, knowing that more flows into my life.
I feel so rich.

Results

New wealth flows into my life everyday.
New opportunities for growth come as daily gifts.
My bank account does not affect my mood anymore.

7. After you have completed all your positive intentions for all 5 Key Life Areas, read over all your positive intentions and feel the truth and reality of them. Try to think of each of them as often as you can throughout your day, especially in the life areas that you have identified that need your urgent attention. If you can, try to memorise them gradually and progressively. Especially when you feel any negative emotions, or think negative thoughts, replace them with these positive intentions that you have created. Overtime, with practice, they become your new internal dialogue that is so powerful to transform your emotions, actions and ultimately the results in your life!

8. Observe or look out for positive signs of your intentions happening now. The Universe acts immediately to bring to you your positive intentions. You do need to pay attention to all the tiny little miracles of change or positivity that you see or experience. Do not discount them as their existence is testament of the amazing work that you are doing. So celebrate and validate their existence! You will feel so charged with excitement and motivation that it draws even more H.P.S results into your life.

9. Now go on to the rest of the program and enjoy learning the life skills. They are your invaluable tools to make your H.P.S life a reality so that you can finally start living, love your life and enjoy what life throws at you.