

INTENTIONS & GRATITUDE JOURNAL

To Feel Good Every Day



A Companion to the Book

Powerful Intentions ~ Everyday Gratitude

100 Transformational Days to Create a Life of Joy, Grace, and Ease

By Sue Urda

JOURNALING WITH INTENTION AND GRATITUDE

I am so happy you downloaded this Gratitude and Intentions Journal. Journaling is a meaningful way to express your feelings and to ingrain them on your brain and in your heart. Studies have shown that the act of using your hands to write and type forms new neural pathways in your brain which help form memories. Since your brain is a record of your past and constantly draws on your memories to make sense of what is happening in front of you and around you, the more intentional you are when writing in your journal, the more quickly you will live into what you have written and the more often you will FEEL GOOD as you move through your days and your life.

Journaling is a ‘two-for’ in the sense that through writing, you RELEASE your desires and wishes to the Universal Force/God/Spirit as a request AND it is an excellent tool for you to CREATE what you desire.

Keep in mind, what you receive from journaling and how quickly it manifests depends on the intention you’ve set and the feeling place you’re in as you you’re writing. The more feeling you can inject into your journal entries, the stronger your desire, and the more quickly and specifically your intentions will manifest. Synchronicities will become apparent. “Stuff” you couldn’t have imagined will be at your fingertips. You will recognize the power of your thoughts and you will live in the beauty of life.

NOTE:

Print as many pages of the journal as you like. Start with at least seven and then keep going! Your momentum will carry you.

Guidelines for Writing Your Intentions:

Although pretty much anything goes, there are three simple guidelines for writing intentions.

1. Your intentions must be in the present tense. Whatever it is that you visualize and create for your life, it is necessary that you see it, write it, and speak of it as if it is already here for you. This feeling of having it now is a very definite and different feeling than having it in the future. To manifest more quickly, you must feel it in the NOW. In the beginning, this may seem like a lie. That's okay. You will find that the longer you hold the vision, say the words, and feel the feelings of having it now; it will become easier for you to consistently feel it as yours.
2. The feeling place of the intention is even more important than the intention itself. How you *feel* about what you desire is the only reason you desire anything in the first place. You don't desire anything for its physical merits. You desire it because of how it makes you feel. To get in touch with your feelings, look at what you desire and then ask yourself this question, "Why do I want this?" The answer is always a feeling.

As you contemplate your intention, consider and hold in your heart the feeling tone of your intention. The deeper and more intense the feeling, the faster your intention will manifest for you.

3. Your intentions are for you alone. You cannot create in someone else's world and they cannot create in yours. Even though you may wish for something to happen in someone else's life, it is not your place to create intentions for them. You may hold good thoughts for them, send good wishes and prayers to them and see them as whole and complete. As far as setting intentions for their life, this is their own personal work.

If you choose to set intentions that include other people, you may say something like, "I have an open, loving and fun relationship with my partner" or "Our family lives together in harmony, mutual respect, love and joy". This is your vision for your relationship with them and does not mean you are creating in their world. This type of intention sets the tone for what you wish to occur and how you wish to feel.

You may choose to assist someone else with their own intentions, by sharing this information with them and showing them the way through the example of your own life. Remember, their life is their life, just as your life is your life.

Pay attention to your own thoughts and intentions and surely good will manifest for you, for those you love and for the whole world.

Sharing Your Intentions

Choose carefully those people with whom you share your intentions, desires, and dreams.

Share them *only* with people of like minds and who are supportive and nurturing of you. You might share them with only one or two friends or business acquaintances. You might share them with your partner or spouse. You might share them with a Master Mind group. If it is possible, share them with someone who can help you. Share them only if it feels good to do so.

Remember, your intentions are yours alone. It is not important that anyone else know them, understand them, or think they are attainable. No one else needs to like them or think they are worthwhile. No one else needs to feel good about them or share your vision with you.

In choosing wisely who you share them with, you are honoring your intentions. The only person these intentions are for is YOU. Honoring your intentions honors you, so always do what makes you feel good and brings you peace. Feeling good is the key.

DO NOT SHARE your intentions with people who may squash them.

Sometimes those people you are closest with will unwittingly squash your dreams. They won't do this to hurt you; instead, they will do it to protect you or themselves. They don't want you to fail or to see you disappointed. For example, they may think that your dream is so big and glorious and impossible to reach that there is no way it will manifest for you. They may try to dissuade you or guide you to something else so you will not suffer the pain of failure. They may think that when you have your dream in hand, you will move on and they might not be a part of your life anymore. These reasons to put the kibosh on your dreams and intentions are very real to the person who feels and thinks this way. Keep in mind; these reasons are based in fear. There is no room in the world of manifestation for fear.

Know this: whatever intentions you hold for yourself are yours alone, and if you have an intention there is always a way for it to manifest. Always.

All things are possible. No exceptions.

Getting Started – Gratitude Journal

This space is provided for you to start your own long list of things that you are grateful for each day.

It is recommended that you write your gratitude each day, after you have read the daily wisdoms. The wisdoms will provide a train of thought and you may find that they guide you to your own gratitude.

You may choose to write your thoughts at the beginning or end of each day – or perhaps at both times. Writing in the morning will start your day in an “attitude of gratitude”. Writing in the evening will remind you of the beauty of the day you have completed and you will rest with a grateful heart.

The following is an example of entries to stimulate the process of your own journaling. You can use this as a starting point and expand on it as you make your list personal to you. To start your list, be sure to go straight to the source of pure gratitude ~ you will find it in your heart. Happy journaling!

Sample Gratitude List

I am grateful to be alive and have the opportunity to make a difference in the world.

I am grateful for my family and friends. (name them)

I am grateful for my excellent health.

I am grateful for my loving relationship with... (name)

I am grateful for the food in my refrigerator and pantry.

I am grateful for sunshine and fresh air.

I am grateful for trees and flowers and grass.

I am grateful that I can read these words.

I am grateful for my education.

I am grateful for the money that flows into my life.

I am grateful for my freedom of choice.

I am grateful for electricity and running water.

I am grateful for technology that keeps us connected.

I am grateful for poets and artists and creative thinkers.

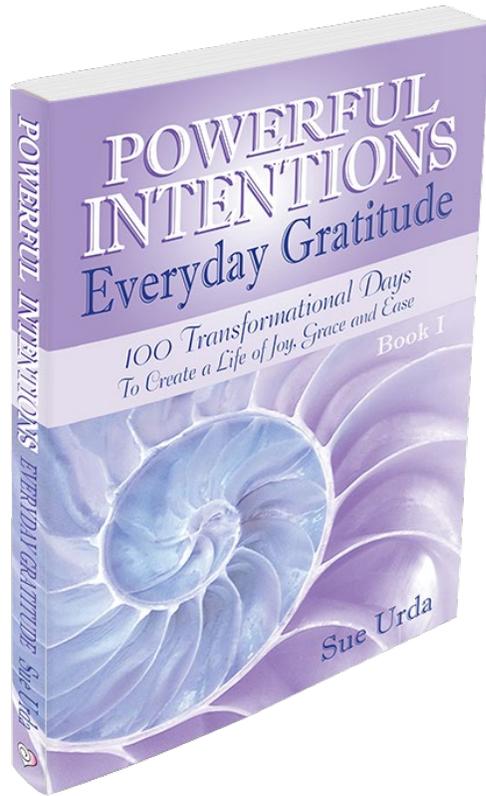
I am grateful for the potential of my brain.

I am grateful for hugs and kisses.

I am grateful for the vacation I am taking next month.

I am grateful for the love that surrounds me each day.

About the Book



Powerful Intentions ~ Everyday Gratitude is a transformational book that sets you on a 100-day journey to the center of YOU! This book provides the tools for you to become the conscious creator of your life, instead of just being a passenger on the journey.

Through daily readings you will understand the complex workings of your mind, tap the inner wisdom of your heart, and learn to live your life through deliberate creation and intent. Each daily wisdom is locked in with a quote, a message of gratitude and a daily intention. Additionally, you will learn the steps to set intentions and manifest your deepest desires as you develop a daily practice of gratitude. Never underestimate the power of feeling good!

Using simple language, humor and everyday life examples, Sue Urda assists you on your personal journey to a joy-filled existence. She guides you to your own profound conclusions as she sets the stage for you to create an amazing life that you love - All this as you enjoy the process and feel good.

No matter where you are on your journey, this book will move you forward towards self-discovery, personal growth, spiritual awakening, and joyful living.

You will explore and learn:

- The power of choice Personal growth through everyday challenges
- Stop fighting and follow the natural flow of life
- Be present even when your mind is cluttered
- Gain clarity to move forward
- Learn to live into your true life purpose
- Shed limiting beliefs that hold you back
- Self-acceptance, self-love, and empowerment
- Positive use of your emotions and intuition.
- Live your life with simplicity, joy, grace, and ease.

PURCHASE BOOK ONE at: [Sue's Website \(signed copy\)](#) OR [AMAZON](#)

READY FOR BOOK TWO? Purchase at: [Sue's Website \(signed copy\)](#) OR [AMAZON](#)

About Sue Urda

Sue Urda is your *Feel Good Gal*. She has impacted thousands of individuals through her transformative talks and inspirational writings that teach people to embrace the power of feeling good. She is a two-time honoree on INC Magazine's list of the 500 Fastest-Growing Private Companies, and she is an award-winning and #1 bestselling author.



As co-founder and Publisher of Powerful You Publishing, Sue has connected thousands of women for business, personal, and spiritual growth, and has helped more than 350 women achieve their dream of becoming a published author.

Sue is passionate about helping people make meaningful decisions they feel good about and move them to actions that are aligned with their values. Sue loves assisting women to *find the feel good and live in that space every day*.

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WANT ANOTHER GIFT FROM SUE?

Take the 21-Day Feel Good Challenge!

Feeling out of sorts lately? On and off anxious, depressed, stressed, overwhelmed, or just plain old not yourself?

Would you like to live in a space of EASE every day? Would you like to feel happier and lighter on a regular basis? Would you like to feel better about the choices you make? And would you like to FEEL GOOD no matter what is going on around you? It IS possible.

By joining this challenge, you'll make simple, yet profound shifts in your thoughts, words, and actions that will have you FEELING GOOD no matter what is happening around you.

<http://www.sueurda.com/21feelgood>