



# Mind Jam

This technique accompanies the book '[Intention Matters](#)'. It may be of assistance when refining or distilling your intentions -Step 2 of the IDEA framework.

1. Write your intention in the middle of a sheet of paper. The bigger the better. Write down every thought that come to mind without stopping to judge them or rationalise them.
2. If positive, negative or neutral emotions arise, note them down without being drawn into overthinking them or escalating them further. Simply notice and acknowledge the presence of emotions.
3. Keep on writing until there is nothing else to write. Then walk away. Have a cup of tea, stretch your legs, or do something different for a few minutes, then return to your sheet of paper. Re-read and add any additional thoughts or emotions that arise.
4. Look for any emerging patterns or themes. Notice if any negative emotions or judgements are getting in the way. If this is the case, it is important to get them out in the open. Consciously make the effort to acknowledge their presence then kindly, gently, and firmly park them for now. Use this to help you refine your intention.
5. Repeat the exercise if needed.

[Left-brain](#) logical thinking is not always best (see [Chapter 5](#)). Because left is not always best you might like to repeat this exercise again, engaging your right (creative, big picture) brain by using pictures only. Alternatively look at your page and tune into sounds or music that arise when you look at the words on the page.

## Key words:

Right brain, left brain, Intention, Create the life you want, Manifest, Manifestation, change your life, achieve your goals, power of intention, Wish, Goal, Dreams, dream, Brain, Mind, Happy, purpose and values, purpose, Intention Matters, Science of intention, Neuroscience of Intention