



## Readiness checking tool 2

This technique accompanies the book '[Intention Matters](#)'. It may be of assistance when embedding and embodying your intentions -Step 3 of the IDEA framework. Readiness tool 1 can be found in chapter 8 of intention matters.

When assessing your readiness to move forward with your intention, in my experience there are two key questions you need to ask yourself:

1. What is important now?
2. Where do I want to put my energy?

Other helpful questions include:

- ☞ What are my priorities at this moment?
- ☞ Am I doing too many things at this moment? Excessive busyness, and juggling multiple, complex demands can sometimes impede the [intention activation process](#).
- ☞ Is it the right time?
  - Am I at a [transition point](#) in my life? Transition points can put you under increased pressure, so may not be the best time to work with core or mega intentions.
  - If your circumstances really change you might wish to set an intention then just let it drift for a bit until the moment feels right.
  - Avoid the thought that you have put your intention on hold – you are merely letting it percolate for a while. (percolation idea versus putting on hold)
  - Transition points may include:
    - When you are experiencing physical or mental health issues
    - When you are dealing with the death of a friend or loved one
    - When dramatically unexpected things happen in your life
    - Natural transition points, for example your children leaving home or having to assume caring responsibilities for a parent.
    - Moving roles at work and home
  - Relationship break ups
  - Moving countries.

**Key words:**

Change, readiness, transitions, 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