



Asking yourself real time questions

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

To clarify and refine your intent you must be willing to ask yourself 'real time questions'; and prepared to give yourself the most complete, present, honest answers.

This exercise is an invitation to return to who you really are, with all your individuality.

- ☞ You are the only person who will hear the answers there is no need to pretend to be good at something to impress others – you would be fooling no one but yourself.
- ☞ There is also no need to downplay what you are good at to protect others from feeling insecure.
- ☞ No need to answer questions through the filter of what you want your boyfriend, wife, or employer wants to hear.

Bravely answer difficult questions with full honesty and candour, even if they show your weakness. Do not over process your thoughts. Just answer.

Here are some questions to get you started.

1. What feels extreme? What feels more comfortable?
2. Bring to mind your intention. How would it feel if you turned it upside down
3. What can you let go to that no longer serves you well?
4. What would I do if I wasn't afraid?
5. What would my biggest supporter or champion say to me at this point?

The answers you gain to these questions can be very useful when clarifying and refining your intent.

Key words:

Real time questions, honesty, openness, insight, clarity, 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