



Putting pen to paper

This technique accompanies the book '[Intention Matters](#)'. It may be of assistance when identifying, refining or distilling your intentions -Steps 1 and 2 of the IDEA framework.

OK – I know the idea of making pen and paper notes may seem old fashioned these days; but the act of picking up a pen and applying it to a sheet of paper not only helps you to identify, refine, and sense check your ideas – it helps you to begin the process or wiring them into your brain.

Pens and keyboards bring into play different [cognitive processes](#). Handwriting is a complex task, which [engages many area of the brain](#).

Handwriting involves feeling the pen and paper, moving the writing implement, holding it firmly and moving it in such a way that it leaves a different mark for each letter and directing movement by thought. Operating a keyboard requires less skill as the movement to hit each letter is identical. Word processing is a standardised tool, whereas pens and paper involve more graphic freedom. Handwriting also aids memory and learning. An extensive network of primarily left-hemisphere brain areas specifically involved in hand writing tasks.

1. Imagine yourself in the future when your intention has matured and become real in the world.
2. Use a pen and paper to write a letter to yourself in the here and now.
 - a. What would you tell yourself?
 - b. What support or encouragement would you offer yourself?
3. Allow yourself to doodle or draw if you wish
4. Slow down and take the time you need to savour the moment and enjoy the process rather than focussing on getting the task done and the outcome.
5. Once the task is complete, read it back to yourself.



6. Once you have read it you can do one of several things
 - a. Put the paper(s) away somewhere safe and look at them in future if you are procrastinating or hitting a road block
 - b. Let it go, knowing that the intention has been set, and it will unfold in the way that is best for you
 - c. Put in in the post in an envelope marked 'do not open until' and set a date in one to six months' time that you would like to look at it. Doing so will help the embedding process (Stage 3 of the IDEA framework).

Although it is not necessary to use rituals to manifest an intention (see Chapter 5), creating a ritual around these sorts of practices can really help.

Key words:

Handwriting, pen and ink, ritual, 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