


The Astonishing
Power of
YOU

Explore – Discover – Manifest Your Dreams.

A portrait of Hazel C. Palache, a woman with reddish-brown hair, wearing a dark blazer, smiling slightly. She is positioned in the top right corner of the purple banner.

Hazel C. Palache
The Results Coach

*An Intention
Journal for
Discovery and
Success*

Hazel Palache
The Entrepreneurs Results Coach
www.TheAstonishingPowerofYou.com

“Writing is the spontaneous overflow of feelings, when the pen guides the dream and transforms pure emotion into everlasting thought.”

Setting specific intentions helps to keep you focused and on track. If an intention doesn't get finished on the day you slate it for move it to a different day or decide if it's really a priority. If it isn't, just let it go.

Write at least one or two prime intentions for each day. Read them at the beginning of the day.

Decide at the beginning of each week how you want to feel for the week. You have the gift of choice, remember to use it.

For an extra push, sign up for our free weekly Monday Motivator.

Set one big goal for each week. Make the weekly goal clear and concise, realistic, dated and written in present tense. Example as follows:

It is now (date) I have/I am.....

I request that my clients write this on a 3x5 index card and post it somewhere they can see it morning and night.

Taking care of you is a top priority, hence this is a seven day journal. You can of course use it for longer if you keep a blank copy to complete each week of the month.

It is just as important to decide what you intend to do

and how you choose to feel on Saturday and Sunday, even if your intention is to do absolutely nothing.

You are not defined by your profession or how much money you have in the bank or by anyone else, you are defined by ‘who’ you choose to be.

If you write in the journal on a regular basis it will give you the opportunity to see what changes you might have made each month and whether you are on track with your goals.

I would suggest printing a copy as well as keeping it filed on your computer.

Remember that being busy doesn’t mean you are being productive. Set your intentions with care and use your time wisely.

If you find yourself procrastinating, some old limiting beliefs may be chattering away in your mind that are holding you back. Be honest with yourself about what might be going on subconsciously so that you can change to positive thinking.

If you have any questions, drop me a line at Hazel@TheAstonishingPowerofYou.com.

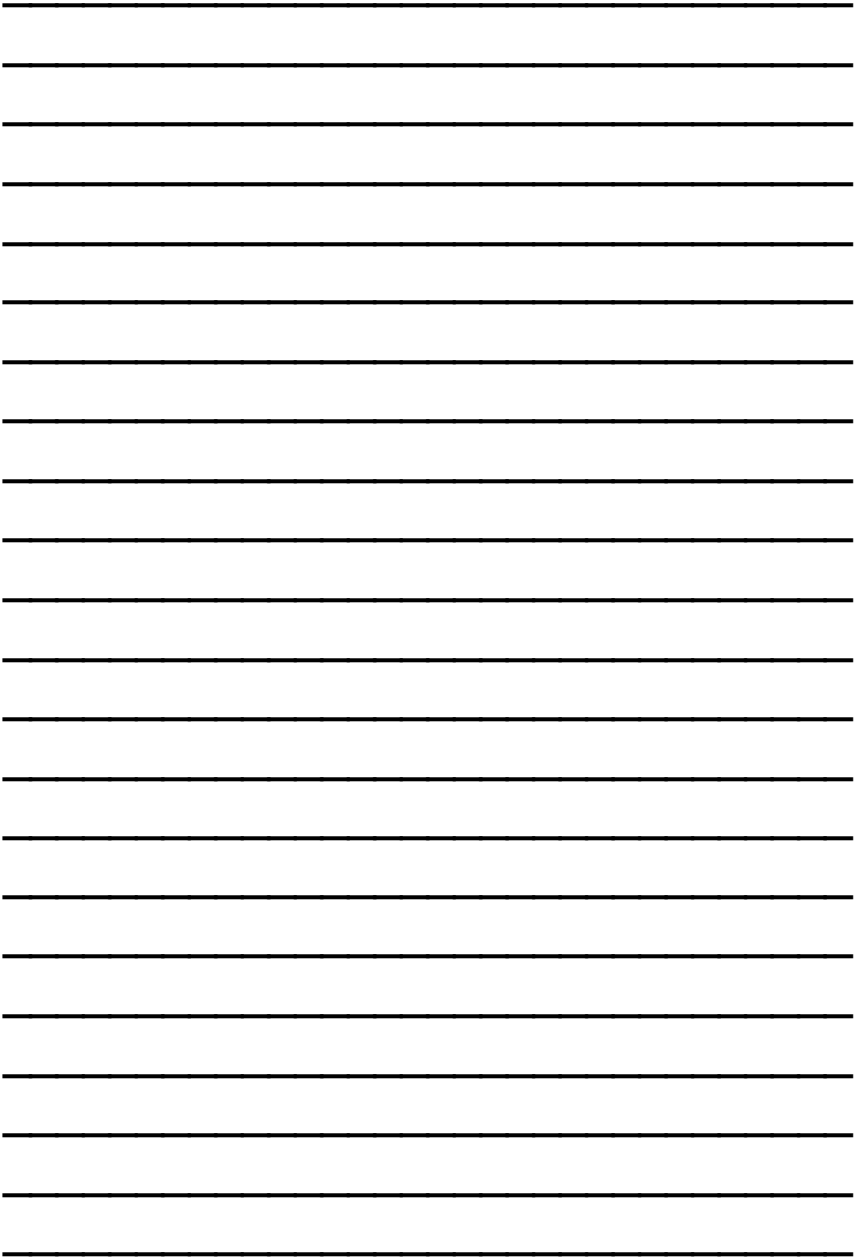
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Monday: My prime intentions for today are:

How do I choose to feel today? (happy, energized, powerful etc.etc.)

“Man Can Learn Nothing Except by Going From the Known to the Unknown. - Claude Berbard-

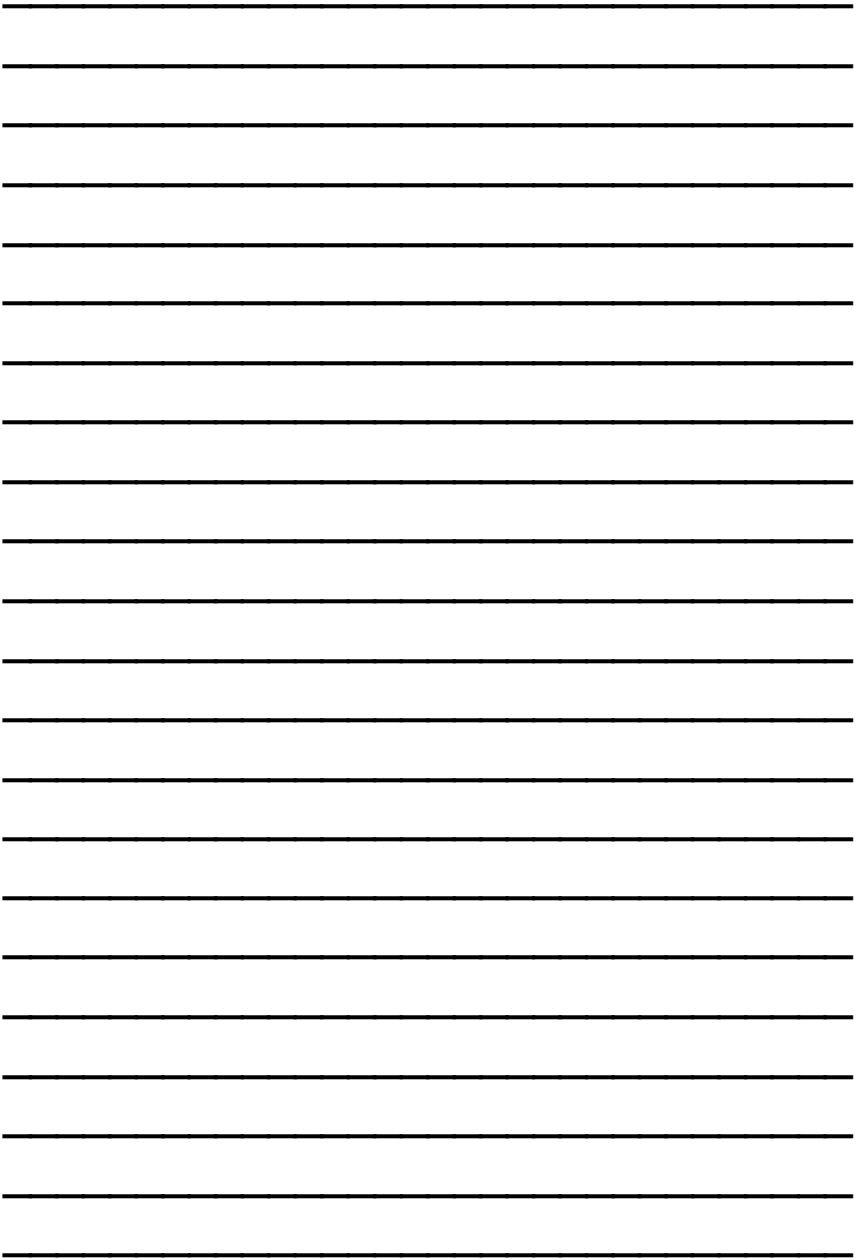
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Tuesday: My Prime Intentions for today are:

How do I choose to feel today?

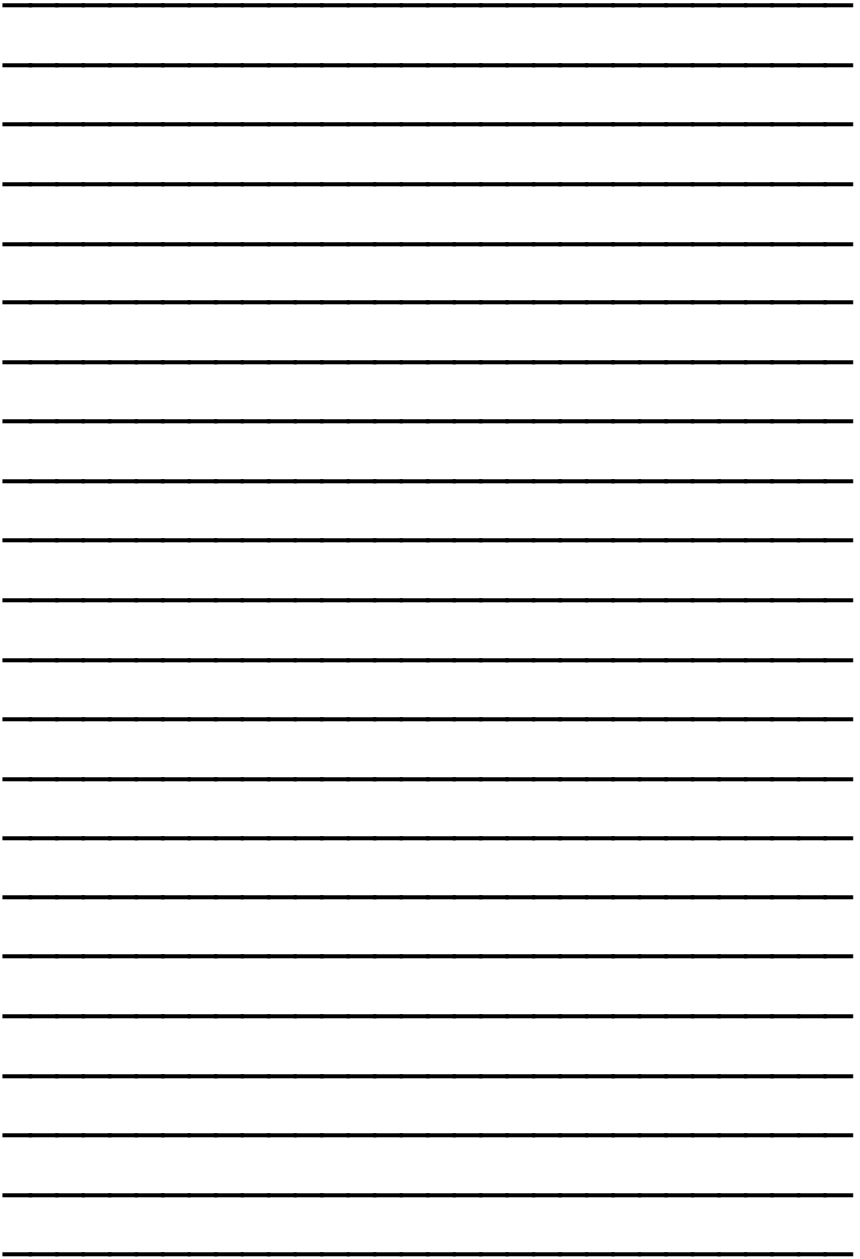
*“Dream no small dreams for they have no power to move men.”
Johann Wolfgang von Goethe*



Wednesday: My Prime Intentions for today are:

How do I choose to feel today?

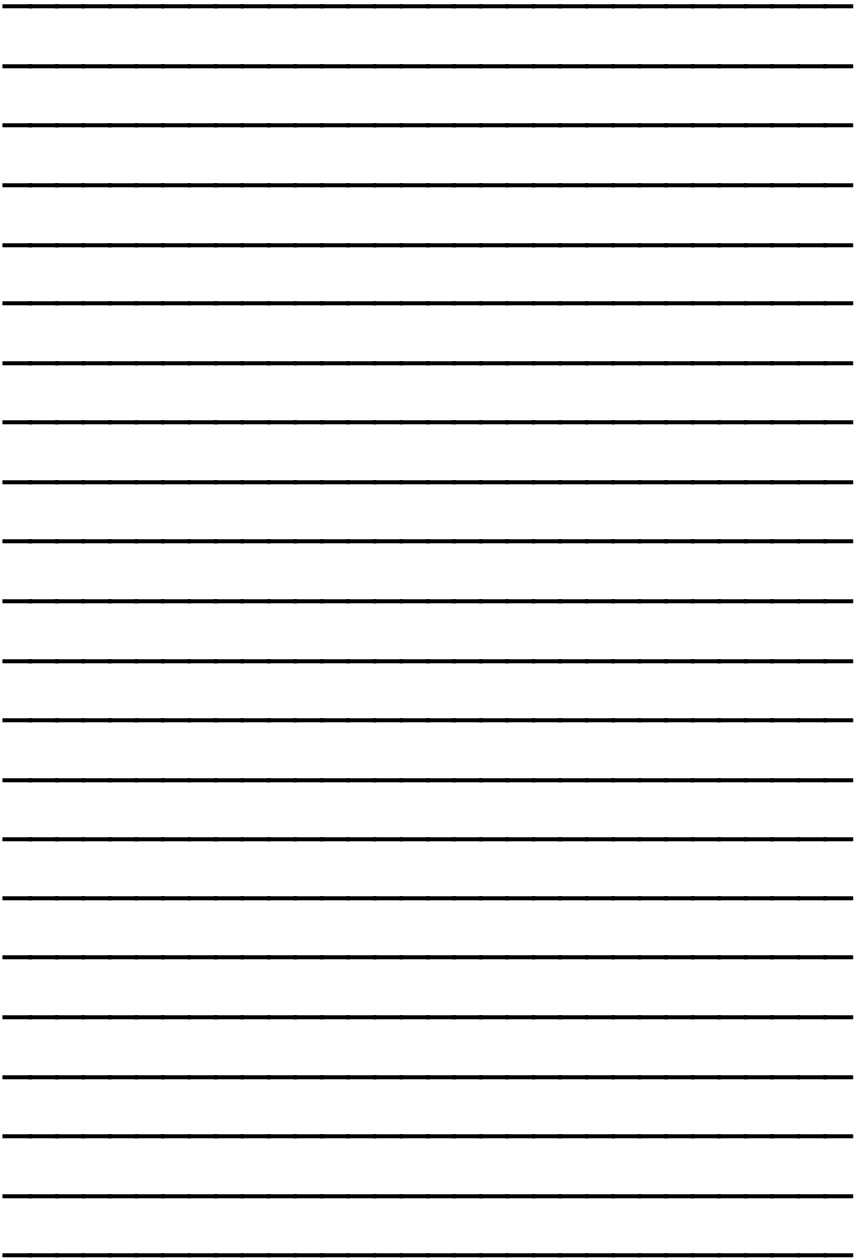
“You don’t have to see the whole staircase, just take the first step.” Martin Luther King



Thursday: My Prime Intentions for Today are:

How do I choose to feel today?

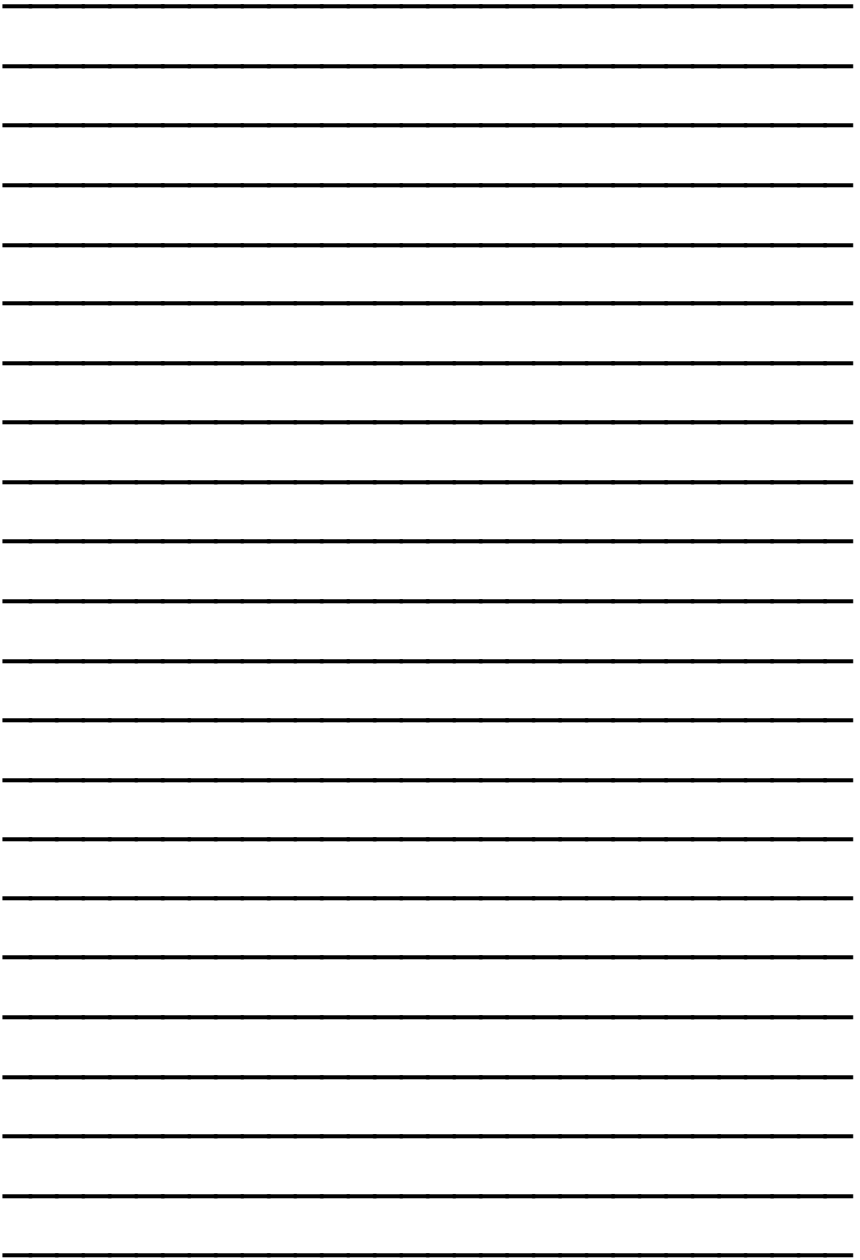
“In essence, if we want to direct our lives, we must take control of our consistent actions. It’s not what we do once in a while that shapes our lives, but what we do consistently.”
Anthony Robbins



Friday: My Prime Intentions for Today are:

How do I choose to feel today?

“It is not how much we have, but how much we enjoy that makes happiness.” - Charles B. Spurgeon-

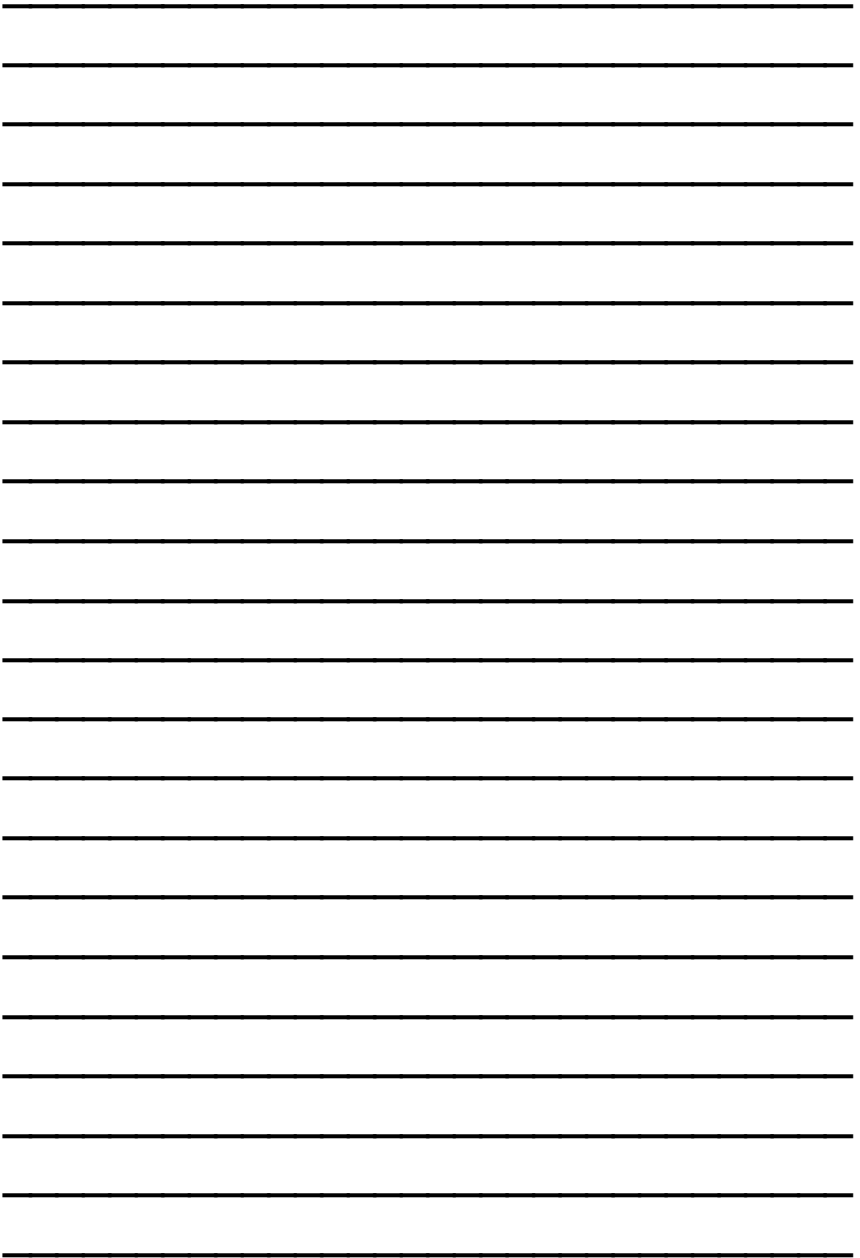


Saturday: My Prime Intentions for today are:

How do I choose to feel today?

“Courage is more exhilarating than fear and in the long run it is easier.” Eleanor Roosevelt.

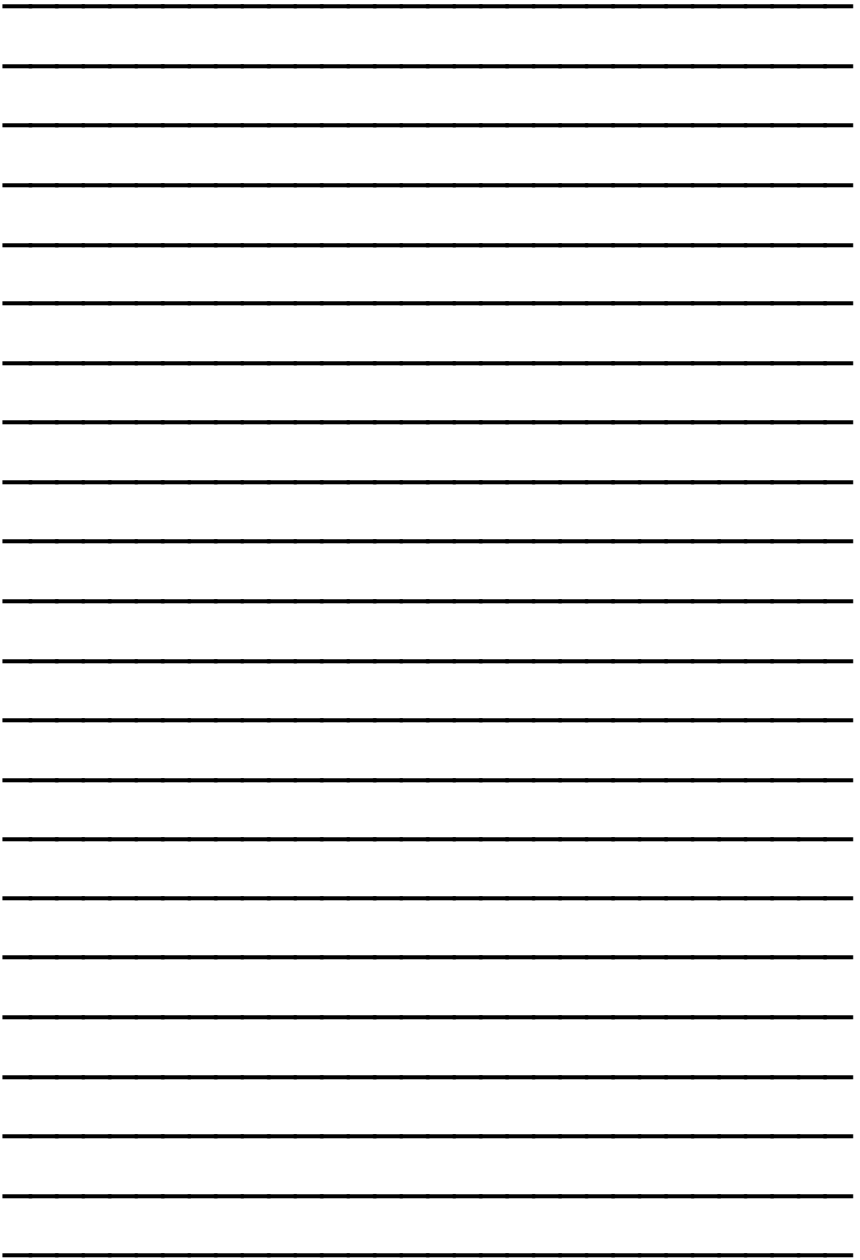
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Sunday: My Prime Intentions for Today Are:

How Do I Choose to Feel Today?

“Success is not final, failure is not fatal, it is the courage to continue that counts.” Winston Churchill



I hope you find this useful. Remember that success is defined by what it means to you and not what it means to someone else.

For more in depth information about coaching, home study programs and information products, check out the details at www.theastonishingpowerofyou.com/coaching.html.

To Your Success and Brilliance

Hazel

PS. If you haven't yet signed up for our free six lesson e-course The Astonishing Power of You, and monthly "Mind Matters" e-zine go to www.TheAstonishingPowerOfYou.com.

**"Have health and hope and happiness,
Take the time to wish on a star.
And, don't ever forget for even a day....
How brilliant and special YOU are!"**

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Hazel Palache
The Entrepreneurs Results Coach

Mind Mastery Coaching

4570 Van Nuys Blvd. #449

Sherman Oaks,

CA 91403

(818)972-4415

www.TheAstonishingPowerOfYou.com