

# 6 Steps to LIVING *with* INTENT



## INCUBATE:

Quiet your mind to tap into your deepest intentions; see where this leads.

## NOTICE:

Become mindful of your thoughts and actions and pay attention to what they tell you about what gives you meaning and a sense of purpose—and look for signs that can point you toward your true path.

## TRUST:

Have confidence in your inner knowing—and in the messages the universe sends you—and allow that knowledge to guide you forward.

## EXPRESS:

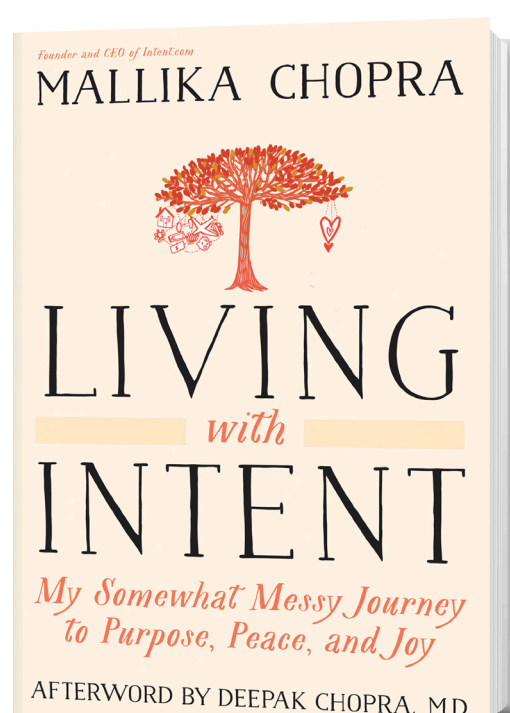
Write down your intentions; say them out loud or share them with others to fully embrace them and help you move ahead in your journey.

## NURTURE:

Be gentle with yourself as you try to find your way. Intention isn't always a straightforward path, just like life, and giving yourself opportunities to try—and fail—is often part of, and even crucial to, the process.

## TAKE ACTION:

Once you've identified an intent, or even multiple ones, don't sit and wait for it to magically manifest; instead take the practical steps that can make each become a reality. It may be easiest to choose one intent first and set short-term goals to help you get started.



“Mallika Chopra shows us all how to live quiet lives of inspiration. Her book and journey are not to be missed.”

—ELIZABETH GILBERT, bestselling author of *Eat, Pray, Love*

“Reading this book is like having the world's best friend on speed dial.”

—ARIELLE FORD, author of *The Soulmate Secret*

