

# ***Intentional Life Power for Your Spiritual Life***

***Workbook by Mari Craig***



## ***Intentional Life Power for Your Spiritual Life Workbook***

### **Introduction:**

Intentional Life Power for your spiritual growth is the Hero's journey. Those who travel on this path are tapping into their spiritual power to create their lives their own way; some perhaps for the first time. You will find new challenges on your quest for living becoming far greater as a person than you ever believed you could be. Your new life begins the moment you decide that you no longer want to be anchored to a life that is stagnant. That epiphany may come before, during or after a crisis, but whenever it does come you are on the road to a new personal freedom. This is a companion workbook for my book *Awaken the Power within you: By Getting Out of Your Own Way*. Together these books will provide guidance for navigating your new life.

As you travel on your Hero's journey your support system may be made up of many different people filling disparate roles from that of friend, mentor, psychotherapist; or professional coach. Sharing your workbook will keep you grounded and help you communicate clearly and consistently with your support system. This in turn will put each member of your support system on the same page with the same goals. In so doing, you will have everyone pulling together for you in the same direction saving you time, energy and money.

We will begin using this workbook by looking at some of the ways for tapping into your spiritual power. In subsequent chapters we will use the *Intentional Life Power* (ILP) Program to harness and manifest your spiritual intention/goal.

Think of yourself as Captain Hero on a big beautiful sailboat called *LIFE* accompanied by key people in your support system. You are at the helm with other crewmembers occasionally assisting you with charting your course. You want your sails to be trimmed well to take advantage of the wind at optimum speed. If your crew supports are not working together you might run ashore on the rocks. If your sails are not trimmed properly they will luff wildly in the wind and you will waste time and energy going nowhere. So it is with you and your crew for your Hero's journey...the importance of working hand in glove cannot be overemphasized.

As your Spiritual Coach, I am here to help make you're Hero's journey successful along with the other members of your crew. May the wind be at your back and your sails be well trimmed for your journey!

**Beginning:**

Tapping into your spiritual power is a personal choice. It is about choosing to enhance your connection with yourself, others and God in a deeper; more meaningful way. Let's begin by considering what some of your recent choices have been.

Write down a few of your recent choices along with the outcomes for you

---

---

---

---

Did these choices enhance your spiritual power? If not, why didn't these choices have positive outcomes for you?

---

---

---

---

What would have given you more positive outcomes?

---

---

---

---

The eight secrets for tapping into your spiritual power may have made a difference in achieving more positive outcomes in your life. Let's look at the eight keys:

1. Self Knowledge
2. Humility
3. Maintaining Healthy boundaries
4. Setting a Goal/Intention about which you care passionately
5. Committing to a timeline for achieving that goal/intention
6. Being Proactive in moving past fears/anxieties
7. Regular Practice of Meditation and Prayer
8. Growing in Love

Let's take a look at each of these individually to examine how they can support your spiritual growth. You will gain considerable insight into yourself by taking the Core Inventory in *Awaken the Power Within You: By Getting Out of Your Own Way* (Chapter 18).

**Self-Knowledge** – The benefit of knowing yourself means you will have a foundation for your spiritual life and your relationship with your Higher Power. Make a list of what you know about yourself as if you were explaining who you are to a new friend. Are you a human being having a spiritual experience or a spiritual being having a human experience?

Now that you have a better sense of yourself from a fresh perspective, how does that feel?

**Humility** – We are but a small spark of the divine in this infinite universe of ours. Yet here we are and it is awesome to be a part of it all. For many of us, it is difficult to accept ourselves realistically and to become that which we are capable of becoming. Oftentimes, because we are so close to ourselves it is easy to be either self critical or grandiose and arrogant. On a scale of 1-10 with 10 being the greatest humility realistically rate where you are on average on that scale. If you are lower than 5 you have some work to do. If you are higher than a 5 perhaps would still like to increase to a higher level. You may want to have a friend realistically rate you as well.



Since we tend to overlook the positive contributions that we have made in our lives, it would be helpful to take the time to make a realistic list to remind ourselves of what those are. Begin by listing the small kindnesses to others then moving on to larger contributions. Keep in mind, that your random acts of kindness often have a ripple effect that is unseen, yet paid forward by others.

---

---

---

---

When you have finished your list ask others to add to their own ideas. When you have a completed list, read and reflect on the contributions you have made. How does that feel? Where is your humility now on the scale below?



To further get a sense of humility, write a character reference in the third person for a phantom employer. Keep in mind this is a position you really want with a six-figure salary.

---

---

---

---

When you are done, read it thoughtfully taking in the meaning of your true value while allowing yourself to feel a palpable sense of healthy humility.

**Maintaining Healthy Boundaries** – Years ago a garbage truck went out of control as it drove down my street with papers and such flying everywhere much to the dismay of everyone in the neighborhood. The neighbors rushed out to try to control the uncontrollable by picking up whatever they could while the driver stood idly by watching. What would you have done in this situation?

Once you are done ask yourself if this was healthy for you to do. The principle behind this is simple...if you go around picking up everyone else's garbage you will have difficulty taking care your own. Maintaining healthy boundaries by setting limits allows you to take care of yourself and your spiritual life.

**Setting your Intention/ Goal** – Deciding on your spiritual goal should consider which aspect of your spiritual life needs attention. List those below and prioritize by what is easiest to achieve and will give you the results you need to fuel your spirit.

**Committing to a timeline:** Set your deadlines for 3, 6 and 9 months. Write these on your calendar or day timer. You may also read more about this in my book in Chapter 22.

**Move Past Fears and Anxieties** - Write down your fears below next to each fear write down the probability of that fear occurring based on solid evidence. Challenge each one with a more rational thought by playing angel's advocate with yourself.

---

---

---

---

---

---

**Regular Practice for Prayer and Meditation** - Spending time in meditation and prayer each day allows you to connect with your power source. Meditation stimulates your frontal cortex to make good decisions on your behalf. Read more about Meditation in Chapter 19 of my book. You wouldn't get results if you worked out only when you wanted to look good, so begin practicing regularly at the same time and place.

**Growing in Love** – Living and growing in love keeps us connected to our Source. When we are connected we are spiritually alive and keep this channel open to new possibilities for spiritual growth. Look for reasons to open your heart and give of yourself, your time, energy and resources to keep your energy growing.

Keeping these eight keys in mind as we progress will be useful for tapping into your spiritual power. Next, we will use the Intentional Life Power (ILP) Program, which I developed to harness and manifest that power. Let's move ahead by creating an ILP chart together.

**Step One: Define Your Problem** - When you define your problem or challenge clearly it is specific and measurable. Think of communicating your problem with a child who needs to understand. Will that child know what you mean and be able to be on the same wavelength with you?

Deana, a client of mine came seeking spiritual guidance. She is a mother of five grown children and grandmother of six who longed to enrich her spiritual life by growing spiritually. She began by defining her problem: "I have difficulty growing spiritually."

Now I would like you to see if you can turn this statement into one that is more clear, specific and measurable:

---

---

---

---

It is important to try to craft your own problem or challenge statement in the best possible language: e.g., I am unable to sustain consistent spiritual growth in my daily life e.g., I am at a 5 on a scale of 1-10 with 10 being the best.

---

---

---

---

**Step Two: Define Your Intention** – This is the flip side of your defining your problem. It includes each of the same elements, but goes beyond that to resonate with you in an affirmative way. Hopefully it will even motivate you to want to do something by making it seem doable.

Previously we discussed crafting a clear definition of the problem. Now transpose that into a statement for defining a strong intention. For instance, Deana crafted a clear intention by stating, “I intend to enrich my spiritual life by sustaining consistent growth from a 5 to a 6 within two weeks.”

---

---

---

---

Next, see if you can define your own intention statement in the best possible language that will motivate you to manifest e.g., I intend to grow spiritually in my daily life from a 5 to a 7 on a scale of 10 in the next two months

---

---

---

---

**Step Three: Select Your Building Blocks** – When you select the energy for your intention it becomes the bridge for achieving your intention. I encourage you to use the type of energy that will best help you do that. Select one or two Building Blocks to begin with and move on to more if you wish from there. Remember, all areas of your life impact your spiritual progress, some more than others and at different times.

Some examples of the six different energy types are the following:

- **Mental** – reading, problem solving, organizing
- **Physical** – running, working out, weight training
- **Emotional** – hugging, loving, crying
- **Spiritual** – meditation, prayer, nature, healing
- **Social** – groups, dating, people, community
- **Financial** – income, money, investing

After careful consideration, Deana selected three Building Blocks Mental, Emotional and Spiritual.



Select your Building Blocks to achieve your intention in the most effective way. Write the ones you have chosen with the first letter the space below:



**Step Four: Choosing Your Personal Power Words** – PPW’s have enormous power that you can tap into with this step. There are no wrong answers – simply try on the words that appeal to you and choose those that you are drawn to intuitively.

Deana then chose the following PPW’s since they held great personal meaning for her:

- **Mental** – growth, trust
- **Emotional** – hope, calm, passion
- **Spiritual** – meditation, prayer, God, love, power, humility

For each type of Building Block energy use care in choosing several PPW’s that resonate with you. The personal meaning you attach to each PPW will impact the outcome of your intention. Below write the PPW’s you have chosen for your own chart. I suggest that you start by looking in the glossary of my book *Awaken the Power Within You* to determine which PPW’s are salient for each type of energy you have selected.

---

---

---

---

---

---

---

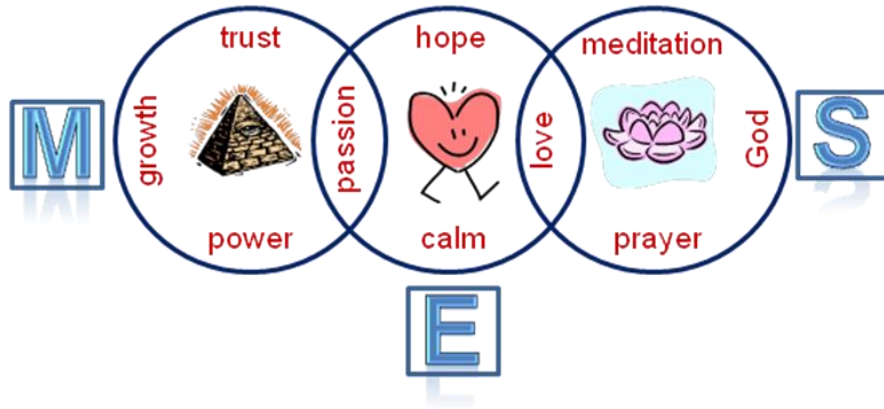
---

---

---

**Step Five: Develop Your Power Circles** – Your Power Circles represent infinite energy and focus the power of your intention. This is much like adding fuel to the tank of your car. Draw your intersecting Power Circles in the space below adding your PPW's for fuel along the inner perimeter. I suggest that you imprint your mind with a powerful symbol of your intention in the center of each Power Circle.

Example:



Draw your intersecting Power Circles in the space below adding your Power Words for fuel along the inner perimeter. I suggest that you imprint your mind with a powerful symbol of your intention in the center of each Power Circle.

**Step Six: Develop Personal Power Statements** – These three statements are a verbal representation of your Power Circle(s). Together they support and validate your Power Circle(s). I call these DIF Statements since each one begins with a corresponding letter: I Deserve... I Intend... I Follow Through... (PPW's are written in italics).

Deana developed the following Personal Power Statements:

**I deserve** to have a loving passionate relationship with God.

**I intend** to grow in greater spiritual power from a 6 to a 7 within two weeks

**I follow through** with *humility, hope and calm trust in God* through daily *prayer and meditation*.

Complete your own DIF statements below underlining your PPW's for added emphasis:

I Deserve to \_\_\_\_\_  
\_\_\_\_\_

I Intend to \_\_\_\_\_  
\_\_\_\_\_

I Follow Through by \_\_\_\_\_  
\_\_\_\_\_

**Step Seven: Envisioning your Intention** – Dreams can appear so real that we carry the impact with us for days. In much the same way envisioning your intention has that effect. In your mind’s eye, your vision is everything since the mind cannot discriminate between the images you send to it and reality. This is your blueprint for manifesting your intention.

On her ILP Chart for Step Seven Deana wrote “I envision my intention to grow in greater spiritual power twice daily.” She then wrote a script to help her begin envisioning more clearly:

I see myself waking up in the morning with a prayer of gratitude on my lips. After breakfast I envision myself meditating for 15 minutes. This brings me hope and humility that God is my partner. As I go to work I feel that God is with me helping me grow in faith and greater spiritual power. I know that there is nothing I cannot accomplish with the loving and passionate relationship I have with my God. I see his face in the eyes of those around me and in the laughter I hear and the love I receive from others. I see my weakness as God’s opportunity to provide me with strength and greater spiritual power. In the stillness of the night as I go to sleep I say a prayer of gratitude for having such a wonderful friend by my side throughout the day.

In the space below write a script for manifesting your intention as you go through your day. Afterwards, close your eyes recalling the script you have written and embellish your envisioning with great detail. This is best done during your sleep – wake periods once in the morning and once in the evening for fifteen minutes each time.

(Write script here)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Step Eight: Manifesting Your Intention** – The daily conditioning of your mind through envisioning prepares you to manifest. On her ILP Chart for Step Eight Deana wrote, “I manifest my spiritual power on a regular basis and monitor my progress daily.” Below write your own statement for Step Eight:

---

---

---

---

---

**Summary:**

If you were an athlete your body would be conditioned by daily workouts to win at your sport. So it is with manifesting your intention. I recommend completing your ILP Chart on a large sheet of paper and monitoring your progress daily. Place both the Chart and monitor sheet on a wall where it will be easily seen. You may make changes as needed to keep both current.

Deana completed the ILP Chart below as an example of how you may do your own:

**Step 1:** I am stuck in my spiritual growth (6)

**Step 2:** I intend to tap into greater spiritual power from a 6 to a 7 in two weeks

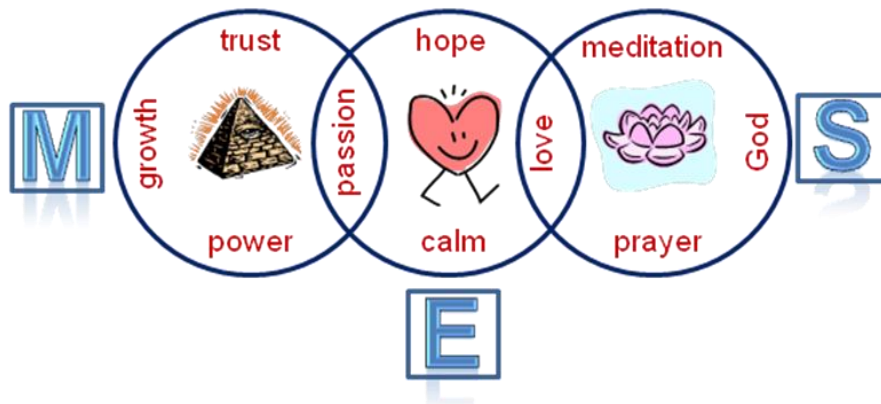
**Step 3:** I selected the following Building Blocks:



**Step 4:** I chose the following PPW's

- Mental – growth, trust, passion, power
- Emotional – hope, calm, passion, love
- Spiritual - meditation, prayer, love, God

**Step 5:** I added my PPW's to my Power Circles



**Step 6:** My Personal Power Statements are:

**I deserve** to have *loving passionate* relationship with *God*.

**I intend** to grow in greater spiritual power from a 6 to a 7 within two weeks

**I follow through** with *humility, hope and calm trust* in *God* through daily *prayer and meditation*.

**Step 7:** I envision my intention to grow in greater spiritual power twice daily.

**Step 8:** I manifest my spiritual power on a regular basis and monitor my progress daily.

To read more about how to work with your Monitor Sheet read Chapter 23 in my book. You may refer to the completed ILP Chart in this workbook to further clarify the information I have given you. Congratulations on the good work you have put forth in completing this workbook. Blessings to you as you manifest your power to grow in your spiritual life. Know that you will always have a partner in me and in the God of your understanding as you travel your spiritual journey.