

## The Power of Intention

by Dr. Wayne W. Dyer

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### Summary:

The Power of Intention by Dr. Wayne W. Dyer is a book that explores the power of intention and how it can be used to create a life of purpose and meaning. The book begins by discussing the concept of intention and how it is different from desire. Dr. Dyer explains that intention is a force that exists in the universe and can be used to manifest our desires. He then goes on to discuss how intention can be used to create positive change in our lives. He explains that when we focus our intention on something, we can create a powerful energy that can help us manifest our desires. He also discusses how intention can be used to create a life of purpose and meaning. He explains that when we focus our intention on something, we can create a powerful energy that can help us manifest our desires. He also discusses how intention can be used to create a life of purpose and meaning. He explains that when we focus our intention on something, we can create a powerful energy that can help us manifest our desires. He also discusses how intention can be used to create a life of purpose and meaning. He explains that when we focus our intention on something, we can create a powerful energy that can help us manifest our desires. He also discusses how intention can be used to create a life of purpose and meaning. He explains that when we focus our intention on something, we can create a powerful energy that can help us manifest our desires. He also discusses how intention can be used to create a life of purpose and meaning. He explains that when we focus our intention on something, we can create a powerful energy that can help us manifest our desires. He also discusses how intention can be used to create a life of purpose and meaning. He explains that when we focus our intention on something, we can create a powerful energy that can help us manifest our desires. He also discusses how intention can be used to create a life of purpose and meaning. He explains that when we focus our intention on something, we can create a powerful energy that can help us manifest our desires.

Dr. Dyer then goes on to discuss the importance of being mindful of our thoughts and how they can affect our lives. He explains that our thoughts can create a powerful energy that can help us manifest our desires. He also discusses how our thoughts can be used to create a life of purpose and meaning. He explains that when we focus our thoughts on something, we can create a powerful energy that can help us manifest our desires. He also discusses how our thoughts can be used to create a life of purpose and meaning. He explains that when we focus our thoughts on something, we can create a powerful energy that can help us manifest our desires.

The book then goes on to discuss the importance of taking action and how it can help us manifest our desires. Dr. Dyer explains that when we take action, we can create a powerful energy that can help us manifest our desires. He also discusses how taking action can be used to create a life of purpose and meaning. He explains that when we take action, we can create a powerful energy that can help us manifest our desires. He also discusses how taking action can be used to create a life of purpose and meaning.

Finally, Dr. Dyer discusses the importance of having faith and how it can help us manifest our desires. He explains that when we have faith, we can create a powerful energy that can help us manifest our desires. He also discusses how having faith can be used to create a life of purpose and meaning. He explains that when we have faith, we can create a powerful energy that can help us manifest our desires. He also discusses how having faith can be used to create a life of purpose and meaning.

The Power of Intention by Dr. Wayne W. Dyer is a book that explores the power of intention and how it can be used to create a life of purpose and meaning. Dr. Dyer explains that intention is a force that exists in the universe and can be

used to manifest our desires. He discusses the importance of being mindful of our thoughts, taking action, and having faith, and how these can be used to create a life of purpose and meaning. He also provides practical advice and exercises to help readers apply the power of intention in their own lives.

**Main ideas:**

**#1. *Intention is a force that exists in the universe: Intention is a powerful force that exists in the universe and can be used to manifest our desires and create the life we want. It is a force that can be harnessed to bring about positive change in our lives.***

Intention is a powerful force that exists in the universe and can be used to manifest our desires and create the life we want. It is a force that can be harnessed to bring about positive change in our lives. Intention is a form of energy that is created by our thoughts, feelings, and beliefs. When we focus our attention on something, we are sending out a powerful signal that can be picked up by the universe and used to create the reality we desire.

Intention is a powerful tool that can be used to create the life we want. It is a force that can be used to manifest our dreams and desires, and to bring about positive change in our lives. By focusing our attention on what we want to create, we are sending out a powerful signal that can be picked up by the universe and used to create the reality we desire.

Intention is a powerful force that can be used to create the life we want. It is a force that can be used to manifest our dreams and desires, and to bring about positive change in our lives. By focusing our attention on what we want to create, we are sending out a powerful signal that can be picked up by the universe and used to create the reality we desire. Intention is a powerful tool that can be used to create the life we want, and to bring about positive change in our lives.

**#2. *Intention is a form of energy: Intention is a form of energy that can be used to create the life we want. It is a powerful force that can be used to manifest our desires and bring about positive change in our lives.***

Intention is a form of energy that can be used to create the life we want. It is a powerful force that can be used to manifest our desires and bring about positive change in our lives. Intention is a conscious decision to focus our energy on a specific outcome. It is a deliberate act of will that can be used to create the life we want. When we focus our intention on something, we are sending out a powerful signal that can be picked up by the universe and used to bring about the desired result.

Intention is a powerful tool that can be used to create positive change in our lives. It is a form of energy that can be used to manifest our desires and bring about the life we want. Intention is a conscious decision to focus our energy on a specific outcome. When we focus our intention on something, we are sending out a powerful signal that can be picked up by the universe and used to bring about the desired result. Intention is a powerful force that can be used to create the life we want.

Intention is a powerful force that can be used to create the life we want. It is a conscious decision to focus our energy on a specific outcome. When we focus our intention on something, we are sending out a powerful signal that can be picked up by the universe and used to bring about the desired result. Intention is a form of energy that can be used to manifest our desires and bring about positive change in our lives. Intention is a powerful tool that can be used to create the life we want.

**#3. *Intention is a creative force: Intention is a creative force that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a creative force that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is the energy that we put out into the universe, and

it is the energy that will come back to us. When we focus our intention on something, we are sending out a signal to the universe that we want to create that thing in our lives.

Intention is a powerful tool that can be used to create the life we want. It is a way of focusing our energy and attention on what we want to manifest in our lives. When we focus our intention on something, we are sending out a signal to the universe that we want to create that thing in our lives. We can use intention to create positive change in our lives, to manifest our desires, and to create the life we want.

Intention is a creative force that can be used to bring about positive change in our lives. It is a powerful tool that can be used to manifest our desires and create the life we want. When we focus our intention on something, we are sending out a signal to the universe that we want to create that thing in our lives. Intention is a powerful force that can be used to create the life we want and to bring about positive change in our lives.

**#4. *Intention is a powerful tool: Intention is a powerful tool that can be used to manifest our desires and create the life we want. It is a force that can be harnessed to bring about positive change in our lives.***

Intention is a powerful tool that can be used to manifest our desires and create the life we want. It is a force that can be harnessed to bring about positive change in our lives. Intention is the power of our thoughts and feelings, and when we focus our intention on something, we can bring it into reality. Intention is the power of our will, and when we use it to create something, we can make it happen. Intention is the power of our imagination, and when we use it to envision something, we can bring it into being.

Intention is a powerful tool that can be used to create the life we want. It is a force that can be used to manifest our dreams and desires. Intention is the power of our beliefs, and when we use it to believe in something, we can make it happen. Intention is the power of our intentions, and when we use it to set goals, we can achieve them. Intention is the power of our focus, and when we use it to stay focused on our goals, we can make them a reality.

Intention is a powerful tool that can be used to create the life we want. It is a force that can be used to manifest our dreams and desires. Intention is the power of our actions, and when we use it to take action, we can make our dreams come true. Intention is the power of our commitment, and when we use it to stay committed to our goals, we can make them a reality. Intention is the power of our faith, and when we use it to have faith in ourselves, we can make our dreams come true.

**#5. *Intention is a choice: Intention is a choice that we make to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a choice that we make to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a conscious decision to focus our energy and attention on a specific outcome. It is a deliberate act of will that requires us to be mindful of our thoughts and actions. When we set an intention, we are committing to a course of action that will bring us closer to our desired outcome.

Intention is a powerful tool that can be used to create the life we want. It is a way of directing our energy and attention towards a specific goal. By setting an intention, we are committing to a course of action that will bring us closer to our desired outcome. Intention is a choice that requires us to be mindful of our thoughts and actions. When we set an intention, we are taking responsibility for our lives and creating the life we want.

Intention is a powerful force that can be used to bring about positive change in our lives. It is a conscious decision to focus our energy and attention on a specific outcome. By setting an intention, we are committing to a course of action that will bring us closer to our desired outcome. Intention is a choice that requires us to be mindful of our thoughts and actions. When we set an intention, we are taking responsibility for our lives and creating the life we want.

**#6. *Intention is a form of prayer: Intention is a form of prayer that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of prayer that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of focusing our thoughts and energy on what we want to create in our lives. It is a way of connecting with the divine and asking for help in manifesting our dreams and desires. By setting an intention, we are sending out a powerful message to the universe that we are ready to receive what we are asking for.

When we set an intention, we are sending out a powerful message to the universe that we are ready to receive what we are asking for. We are also sending out a message of faith and trust that the universe will provide us with what we need. Intention is a way of connecting with the divine and asking for help in manifesting our dreams and desires. It is a way of focusing our thoughts and energy on what we want to create in our lives.

Intention is a form of prayer that can be used to create positive change in our lives. It is a way of connecting with the divine and asking for help in manifesting our dreams and desires. By setting an intention, we are sending out a powerful message to the universe that we are ready to receive what we are asking for. Intention is a powerful force that can be used to bring about positive change in our lives.

**#7. *Intention is a form of meditation: Intention is a form of meditation that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of meditation that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of focusing our thoughts and energy on what we want to create in our lives. By setting an intention, we are sending out a signal to the universe that we are ready to receive what we desire.

When we set an intention, we are creating a powerful vibration that will attract the things we want into our lives. We can use intention to manifest our dreams, goals, and desires. We can also use intention to create positive changes in our lives, such as improving our relationships, health, and finances.

Intention is a form of meditation that can be used to bring about positive change in our lives. It is a powerful tool that can be used to manifest our desires and create the life we want. By setting an intention, we are sending out a signal to the universe that we are ready to receive what we desire. Intention is a powerful force that can be used to bring about positive change in our lives.

**#8. *Intention is a form of visualization: Intention is a form of visualization that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of visualization that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of focusing our thoughts and energy on what we want to achieve. By visualizing our desired outcome, we can create a mental image of what we want to manifest. This mental image can then be used to direct our actions and behaviors towards achieving our goals.

When we use intention to manifest our desires, we are essentially creating a roadmap for our lives. We are setting a clear direction for ourselves and taking steps to make our dreams a reality. Intention can be used to create positive change in our lives by helping us to focus on our goals and take action to achieve them. By visualizing our desired outcome, we can create a powerful force that will help us to manifest our dreams.

Intention is a powerful tool that can be used to create the life we want. By focusing our thoughts and energy on our

desired outcome, we can create a mental image of what we want to manifest. This mental image can then be used to direct our actions and behaviors towards achieving our goals. Intention is a powerful force that can be used to bring about positive change in our lives.

**#9. *Intention is a form of manifestation: Intention is a form of manifestation that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of manifestation that can be used to bring about positive change in our lives. It is a powerful force that can be used to manifest our desires and create the life we want. Intention is a conscious decision to focus our energy and attention on a specific outcome. It is a deliberate act of will that can be used to create the life we desire.

When we set an intention, we are sending out a powerful message to the universe that we are ready to receive what we desire. We are also sending out a signal that we are open to the possibilities that come our way. Intention is a powerful tool that can be used to create the life we want. It is a way of focusing our energy and attention on a specific outcome and allowing the universe to work its magic.

Intention is a powerful force that can be used to manifest our desires and create the life we want. It is a conscious decision to focus our energy and attention on a specific outcome. By setting an intention, we are sending out a powerful message to the universe that we are ready to receive what we desire. Intention is a powerful tool that can be used to create the life we want and bring about positive change in our lives.

**#10. *Intention is a form of healing: Intention is a form of healing that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a powerful force that can be used to bring about positive change in our lives. It is a form of healing that can be used to manifest our desires and create the life we want. Intention is a way of focusing our energy and attention on what we want to create in our lives. By setting an intention, we are sending out a signal to the universe that we are ready to receive what we desire.

When we set an intention, we are sending out a message to the universe that we are ready to receive what we desire. This message is then picked up by the universe and it begins to work in our favor. We can use intention to create positive changes in our lives, such as improving our relationships, finding our purpose, and manifesting our dreams.

Intention is a form of healing because it helps us to focus our energy and attention on what we want to create in our lives. It helps us to stay focused on our goals and to take action towards achieving them. Intention is also a way of connecting to our higher self and to the divine. By setting an intention, we are connecting to our higher self and to the divine, and this connection can help us to heal and to manifest our desires.

Intention is a powerful force that can be used to bring about positive change in our lives. It is a form of healing that can be used to manifest our desires and create the life we want. By setting an intention, we are sending out a signal to the universe that we are ready to receive what we desire. Intention is a way of focusing our energy and attention on what we want to create in our lives, and it is a way of connecting to our higher self and to the divine. Intention is a form of healing that can help us to manifest our desires and create the life we want.

**#11. *Intention is a form of self-empowerment: Intention is a form of self-empowerment that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-empowerment that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of focusing our energy and attention on what we want to create in our lives. By setting an intention, we are sending out a signal to the universe that

we are ready to receive what we desire. We are also sending out a message to ourselves that we are ready to take action and make our dreams a reality.

When we set an intention, we are taking responsibility for our lives and our actions. We are taking control of our destiny and creating the life we want. Intention is a way of affirming our power and our ability to create the life we desire. It is a way of taking ownership of our lives and our choices. By setting an intention, we are taking the first step towards manifesting our dreams and creating the life we want.

Intention is a powerful tool that can be used to bring about positive change in our lives. It is a way of focusing our energy and attention on what we want to create. By setting an intention, we are sending out a signal to the universe that we are ready to receive what we desire. We are also sending out a message to ourselves that we are ready to take action and make our dreams a reality.

**#12. *Intention is a form of self-transformation: Intention is a form of self-transformation that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-transformation that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of focusing our energy and attention on what we want to create in our lives. It is a way of aligning our thoughts, feelings, and actions with our desired outcomes. By setting an intention, we are able to direct our energy and attention towards our goals and create the life we want.

Intention is a powerful tool that can be used to create positive change in our lives. It is a way of focusing our energy and attention on what we want to create. By setting an intention, we are able to direct our energy and attention towards our goals and create the life we want. Intention is a form of self-transformation that can help us to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.

Intention is a powerful tool that can be used to create positive change in our lives. It is a way of focusing our energy and attention on what we want to create. By setting an intention, we are able to direct our energy and attention towards our goals and create the life we want. Intention is a form of self-transformation that can help us to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.

**#13. *Intention is a form of self-realization: Intention is a form of self-realization that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-realization that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is the act of consciously directing our thoughts and energy towards a desired outcome. It is the process of focusing our attention on what we want to create and manifest in our lives. By setting an intention, we are able to direct our energy and focus our attention on what we want to achieve.

When we set an intention, we are sending out a powerful message to the universe that we are ready to receive what we desire. This message is then picked up by the universe and it begins to work in our favor. We can use intention to create positive change in our lives by focusing on what we want to achieve and taking action to make it happen. Intention is a powerful tool that can be used to manifest our dreams and create the life we want.

Intention is a powerful force that can be used to bring about positive change in our lives. It is a form of self-realization that can be used to manifest our desires and create the life we want. By setting an intention and taking action, we can create the life we desire and make our dreams a reality. Intention is a powerful tool that can be used to manifest our

dreams and create the life we want.

**#14. *Intention is a form of self-love: Intention is a form of self-love that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-love that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of expressing our deepest desires and intentions for ourselves and our lives. It is a way of focusing our energy and attention on what we want to create and manifest in our lives. By setting an intention, we are sending out a powerful message to the universe that we are ready to receive what we desire.

When we set an intention, we are affirming our commitment to ourselves and our goals. We are telling the universe that we are ready to take action and make our dreams a reality. Intention is a way of showing ourselves that we are worthy of the life we want and that we are capable of achieving it. It is a way of expressing our love for ourselves and our commitment to our own growth and development.

Intention is a powerful tool that can be used to create the life we want. It is a way of expressing our love for ourselves and our commitment to our own growth and development. By setting an intention, we are sending out a powerful message to the universe that we are ready to receive what we desire. Intention is a form of self-love that can be used to manifest our desires and create the life we want.

**#15. *Intention is a form of self-acceptance: Intention is a form of self-acceptance that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-acceptance that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of affirming our worth and recognizing our potential. It is a way of recognizing that we have the power to create the life we want and that we are capable of achieving our goals. By setting an intention, we are taking ownership of our lives and our destiny.

Intention is a way of focusing our energy and attention on what we want to create. It is a way of directing our thoughts and actions towards our desired outcome. By setting an intention, we are committing to taking the necessary steps to make our dreams a reality. We are also committing to being open to the possibilities that come our way and to taking advantage of the opportunities that present themselves.

Intention is a way of accepting ourselves and our capabilities. It is a way of recognizing that we have the power to create the life we want and that we are capable of achieving our goals. By setting an intention, we are taking ownership of our lives and our destiny. We are also committing to being open to the possibilities that come our way and to taking advantage of the opportunities that present themselves.

**#16. *Intention is a form of self-awareness: Intention is a form of self-awareness that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-awareness that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is the act of consciously directing our thoughts and energy towards a desired outcome. It is the process of focusing our attention on what we want to create and manifest in our lives. By setting an intention, we are able to direct our energy and focus our attention on what we want to achieve.

Intention is a powerful tool that can be used to create the life we want. It is a way of connecting with our innermost desires and manifesting them into reality. By setting an intention, we are able to focus our energy and attention on what

we want to create and manifest in our lives. Intention is a form of self-awareness that can help us to become more conscious of our thoughts and actions, and to create the life we desire.

Intention is a powerful force that can be used to bring about positive change in our lives. It is a way of connecting with our innermost desires and manifesting them into reality. By setting an intention, we are able to focus our energy and attention on what we want to create and manifest in our lives. Intention is a form of self-awareness that can help us to become more conscious of our thoughts and actions, and to create the life we desire.

**#17. *Intention is a form of self-expression: Intention is a form of self-expression that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-expression that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of expressing our deepest desires and intentions to the universe. It is a way of communicating our wishes and hopes to the universe, and allowing the universe to respond in kind. By setting an intention, we are sending out a signal to the universe that we are ready to receive what we desire.

When we set an intention, we are also creating a powerful energy that can be used to manifest our desires. This energy is created by the power of our thoughts and beliefs. When we focus our thoughts and beliefs on a particular intention, we are sending out a powerful signal to the universe that we are ready to receive what we desire. This energy can be used to attract the things we want into our lives.

Intention is a powerful tool that can be used to create the life we want. By setting an intention and focusing our thoughts and beliefs on it, we can create the life we desire. Intention is a powerful force that can be used to bring about positive change in our lives.

**#18. *Intention is a form of self-growth: Intention is a form of self-growth that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-growth that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of focusing our energy and attention on what we want to create in our lives. By setting an intention, we are able to direct our energy and attention towards our desired outcome. This helps us to stay focused and motivated to achieve our goals.

Intention is also a way of connecting with our inner wisdom and intuition. By setting an intention, we are able to tap into our inner guidance and use it to create the life we want. Intention is a way of aligning our thoughts, feelings, and actions with our highest purpose. It is a way of connecting with our true self and living in alignment with our highest potential.

Intention is a powerful tool for self-growth and transformation. It can help us to create the life we want and manifest our dreams. By setting an intention, we are able to focus our energy and attention on what we want to create in our lives. Intention is a way of connecting with our inner wisdom and intuition and using it to create the life we want.

**#19. *Intention is a form of self-mastery: Intention is a form of self-mastery that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-mastery that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is the act of consciously directing our thoughts and energy towards a desired outcome. It is the act of setting a goal and then taking action to achieve it. By setting an intention, we are able to focus our energy and attention on what we want to create in our lives.



Intention is a powerful tool that can be used to create the life we want. It is a way of taking control of our lives and directing our energy towards our desired outcomes. By setting an intention, we are able to focus our energy and attention on what we want to create in our lives. We can use intention to manifest our dreams and create the life we desire. Intention is a form of self-mastery that can help us to create the life we want and live with purpose and intention.

Intention is a powerful force that can be used to bring about positive change in our lives. It is a way of taking control of our lives and directing our energy towards our desired outcomes. By setting an intention, we are able to focus our energy and attention on what we want to create in our lives. Intention is a form of self-mastery that can help us to create the life we want and live with purpose and intention.

**#20. *Intention is a form of self-fulfillment: Intention is a form of self-fulfillment that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives.***

Intention is a form of self-fulfillment that can be used to manifest our desires and create the life we want. It is a powerful force that can be used to bring about positive change in our lives. Intention is a way of focusing our energy and attention on what we want to create in our lives. It is a way of directing our thoughts and actions towards our desired outcome. By setting an intention, we are able to focus our energy and attention on what we want to create and manifest in our lives.

When we set an intention, we are sending out a powerful message to the universe that we are ready to receive what we desire. This message is then picked up by the universe and it begins to work in our favor. We can use intention to create positive change in our lives by focusing on what we want to create and manifest. We can also use intention to help us stay on track and stay focused on our goals. By setting an intention, we are able to stay focused on our desired outcome and take the necessary steps to make it happen.

Intention is a powerful tool that can be used to create the life we want. It is a way of focusing our energy and attention on what we want to create and manifest in our lives. By setting an intention, we are able to stay focused on our desired outcome and take the necessary steps to make it happen. Intention is a form of self-fulfillment that can be used to manifest our desires and create the life we want.