

Love Is A Daily Intention

Much more important than how you plan to begin this New Year of 2017 is how you plan to begin each and every day.

Broad sweeping commitments for the year can be easily crushed by the end of the month while a daily intention is not only more manageable, but also more meaningful.

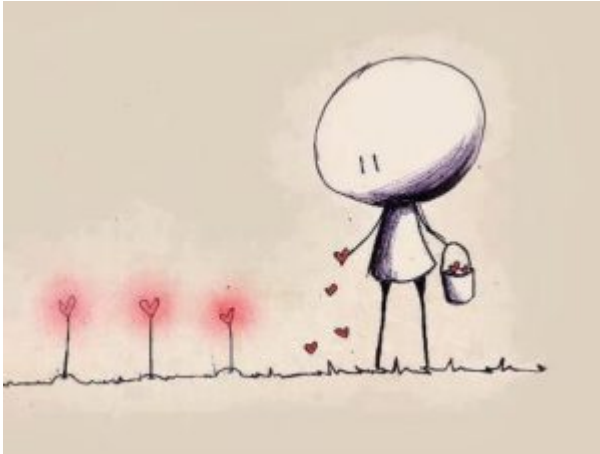
I'd like to share with you a valuable and quite simple intention you can start tomorrow that will not only change your life, but the lives of all those you touch. Pretty powerful stuff right? Sounds like just the recipe we need for 2017 so let's get started!



I suggest you make the first words you think (or better yet say out loud) to yourself upon waking each morning an affirmation. Upon first consciousness, place your hand on your heart and say, **"I am loved and I am love."** Modify the words as you like but the intention must remain. This simple and effortless task is so meaningful because of the power it produces within. Before long you will see that you are in control of your own emotions and thoughts and feelings.

You are loved. Love is powerful and unleashes incredible potential. When you feel powerful you empower those around you. All the talk about being love can only occur when each of us takes on the responsibility of self-love beginning each and every morning. It's a ripple effect so make your ripple

tomorrow and watch the love grow and spread.



Want to learn more about affirmations? There's no better teacher than Louise Hay. She created a movement in the 80's that we need to revive. Here's a short blog post to get you started but you're going to want her book *You can Heal Your Life*, it's an oldie but such a goodie! Remember, tomorrow morning, I am counting on you. We've got a lot of good work to do