



Intention Painting

TIPS FOR BRINGING INTENTION INTO YOUR HOME OR OFFICE





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When we take time to consider what our intention or goal is behind our actions, it helps us focus our energy in the direction that best serves us. Using our environments as a catalyst for our intentions is one of the easiest and most powerful ways to help our visions come true.

Whether you're remodeling a home, getting ready to sell or simply refreshing a room, use this powerful exercise to connect and infuse your intentions into your new space:

Step 1

Choose a wall (or walls) you wish to paint.

Step 2

Gather anyone you'd like to include as part of this exercise (spouse, kids, family and friends).

Step 3

Think about what the space means to you and ask yourselves the following questions:

How do you want the room to make you feel?

What are you hoping will happen in the space?

What are you looking to attract into your life?

Step 4

Now the fun part! Take whatever inspiration arose from the conversation and write your intentions on the walls! You're also welcome to add a favorite poem, quote, or religious passage if that resonates with you.



Use chalk because it's super-easy to paint over (if you use paint, you may have to sand it down which takes away the fun)!

Step 5

Take a picture of your intention so you have it to refer back to, then paint over it with a fresh coat of paint. Although you won't see your intention after you're done, you and your family will always know it's there and will fondly remember the moment.

Congratulations!

You just energetically crystalized your intention (aka hearts desire) into your space -
be on the lookout for what starts to unfold...

Want help finding your intention?

Book a

CLARITY SESSION

with me today and let's get you unstuck!

Show me *your* Zen! Share your Intention Painting with us over at the
[Zen Remodeling Facebook Community](#)
or shoot me an email mina@minafies.com.

