



Thirty Day Challenge 2009 – Mindset – Day 06

2009KM06: Intention Sets Direction

Running Time: 3mins



Intro

Hello, this is Karl Moore and welcome to another video on the human mindset as part of the Thirty Day Challenge.

Today, I'm going to be chatting about the real secret behind "The Secret" and how you can use what's up here [in your head] to change what's out there.

Intention Sets Direction

Let me start by asking you a couple of quick questions.

How you ever gotten ready to go on a night out, perhaps to a party? You've got the clothes on, you're looking cool, and you decide you're going to have a great night, and meet some amazing people – and you do.



Maybe you've had the reverse. You've put the clothes on, but maybe you're not feeling or looking that great, and you've decided that night you're not going to have a good or interesting night, and you're not going to meet anyone of interest. Strangely, that's how it comes about.

You see, the finding here is that what you expect to happen often comes about.

Think about it – what you expect to happen often comes about.

I'm sure when you think about your own life, you'll realise that's how it's played out for you.

That's actually great news, because it means that if we change what we believe is going to come about, we can actually affect what comes about, or how we interpret that.

That's the real secret behind "The Secret", and I'd like to re-phrase it in a really simple way, with the following phrase:

"Your intention sets your direction"

By having a **positive intention** of what will come about, you will ultimately **change** what actually comes about.

So, my challenge to you today, this week, this month, during Thirty Day Challenge, is to set yourself a positive intention:

- a positive intention when you wake up of having a great day
- a positive intention when you're writing that sales copy to really allow it to flow and just be perfect
- a positive intention when you set up your business web site that it's just going to go fantastically

When you set your intention, you set your direction.

So that 's the challenge for you today. Good luck with the rest of the Thirty Day Challenge. I'll catch up with you very soon.

This is Karl Moore. Bye for now.

Links:

Karl's Blog: <http://karlblog.com/>