



6 Strategies To Set Intentions And Get What You Want

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- By Dylan Harper - Mar 22, 2018

Setting intentions is critical if you want to make your dreams a reality. When we set intentions, we ask the universe to guide us toward our goals. We ask for the promotion, the new relationship or the dream home.

A big reason why people fail to manifest the things they want is because they *never actually intend for their dreams to come true*. They believe their desires are inconceivable or impossible, so they never even ask for them.

I used to be guilty of this in my past. There were a lot of things I wanted that I didn't think I'd ever have, so I never bothered asking for them. However, when we don't ask for what we want we don't receive any assistance!

For example, if you don't ask the waitress at the restaurant for extra napkins, you're probably not going to get them. If you're completely lost and don't ask for directions, you're probably going to stay lost. The same thing works for the universe-if you don't ask for what you want, it will probably never come!

So, if you have any wishes (be them big or small), start to set intentions for them to come true! Here are 6 strategies to ask the universe for what you want.

1) Meditate on your intention

Meditating is an awesome way to focus on an intention. While sitting or lying down with your eyes closed, focus on your breathing for a few minutes to clear your mind. When your mind is centered and free of any racing thoughts, imagine your wish coming true and ask the universe to help guide you toward your goal.

2) Take every “wish” opportunity you find

I do this every day, many times a day. Whenever the clock says 11:11, I see a shooting star or I pass a wishing well I take a moment to think of a quick wish.

Use these opportunities whenever they present themselves to start putting more desires out there and start manifesting more of the things you want. So often we save our wishes for just a few bigger things, but you can set as many intentions as you want- so why not ask for more?

3) Write your intentions down

Writing out your intentions is another great strategy. Write down your goals in a journal, or keep a jar with your “wishes.”

I’ve found it can be a lot of fun to write my goals and wishes down and put them away for a while, and then a few months later open them back up and look at them. Inevitably, I will have manifested a number of my goals. Seeing evidence of the power of intention can help build more faith in the process!

4) Create a vision board

For those who are visual types, a vision board can be a lot of fun. Create a board with pictures of the things you’d like to manifest (like the car, house, relationship, job, etc). It can be a physical board you can hang in your home, or you could even make a vision board on Pinterest to keep a digital place for your images.

5) Tell other people your intentions

This is my favorite way to set intentions and, in my opinion, one of the most effective. When we tell other people about our intentions we get more people involved in our creative process! Now, not only are *we* expecting our intentions to come true, but other people start to expect our wishes come true as well. The more people expect your dream to come true, the more magnetic pull you will have on your dream.

Not only that, but you will find when you put your dreams out there, other people will come to you with information and advice on how to make your dreams a reality. People love to share their knowledge and expertise, especially when they know

someone is interested in hearing about it! You open yourself up to a lot more information on how to reach your goal when you involve other people.

So, tell your friends about that dream vacation you'd love to go on. Tell your coworkers you want a promotion. Get your desire out in the open to generate more momentum toward it!

6) Ask right before you go to bed

Right before bedtime is another great time to ask for what you want. Sleep is awesome because it is a time when we are more connected with our intuition. What we think about right before bed we are more likely to dream about, and dreams can help the manifestation process. So if you have a question you want answered, or a goal you are reaching toward, take a moment to intend it right before you go to sleep!

Remember, setting intentions is absolutely essential if you want your dreams to come true. If you can set intentions for as many things as you'd like, why not start asking for more?

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