

Praise for Powerful Intentions ~ Everyday Gratitude

“What if you knew that in 100 days you could welcome more joy, serenity and purpose into your life? In this book, Sue Urda shows you that happiness and prosperity is “*Who You Are*”. Here you will embark on a 100 day journey of self-discovery, only to arrive at your destination with the realization that you are the guide that you have been waiting for. You set the course and you do that through your intentions while celebrating your progress through gratitude.

~ **Victoria C. DePaul**, Author, *Creating the Intrapreneur: The Search for Leadership Excellence*

“Sue Urda has created a spiritual and empowering guide to help readers create passion, joy, and happiness in their lives. Beautifully written and easy to use, it is guaranteed to inspire and enlighten those who use it. A remarkable book by a remarkable woman.”

~ **Donna Cardillo**, RN, President, Cardillo & Associates, Motivational Speaker, Author and Columnist

"Sue Urda is not only a wonderful weaver of words, she is a powerful teacher. *Powerful Intentions ~ Everyday Gratitude* generates joyful, helpful, and good vibrations for women everywhere one positive sentence at a time."

~ **Mary Jane Hurley Brant**, Psychotherapist & Author, *When Every Day Matters: A Mother's Memoir on Love, Loss and Life*

“*Powerful Intentions ~ Everyday Gratitude* is a delightful, heart-felt book replete with wise thoughts and practical applications for a joyful, loving life. You’ll want to buy extras to give to all your friends, sharing your gratitude for their friendship.”

~ **Patricia J. Crane, Ph.D.**, Speaker and Author, *Ordering From the Cosmic Kitchen*

“A powerful collection of reminders that teaches us to embrace all that life has given us and will bring including our challenges. It challenges us to step up, step out and begin fulfilling our intentions and living life to its fullest while reflecting on the many things we have to be grateful for.”

~ **Monica Davis**, Publisher, *Exceptional People Magazine*

“Now this book is attractive! Intention is a magnet for success and this book inspires great dreams to become real.”

~ **Jan H. Stringer**, Founder, PerfectCustomers, Inc. and Author, *Attracting Perfect Customers* and *Bee-ing Attraction*

"**Powerful Intentions ~ Everyday Gratitude** is a powerful handbook for turning authentic intentions into everyday reality. I encourage everyone to soak up the wisdom of this timeless and universal book. Beautifully done!"

~ **Mary Allen**, Author of *The Power of Inner Choice*

POWERFUL INTENTIONS

Everyday Gratitude Book I



*100 Transformational Days
To Create a Life of Joy, Grace and Ease*

Sue Urda

A Powerful You! Book

Powerful Intentions ~ Everyday Gratitude
100 Transformational Days
To Create a Life of Joy, Grace and Ease
By Sue Urda

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POWERFUL INTENTIONS



An Introduction to Powerful Intentions

As I sit down to write the introduction to this book, I am reminded of the many times in the past that I pictured myself doing just this – writing the introduction to my first book. I am thrilled and grateful as my fingers touch the keys and I see words forming on the screen before me. I have seen this image in my mind’s eye, I have held the intention for many years, and now as a woman in my forties, I am grateful that this day is here.

This is the first lesson of intentions – *You must have intentions in order that they manifest in your life.*

I am pleased, too, that you are reading this introduction, because it means I have manifested another thing I have visualized for many years; I have *published* my first book. I know this may seem like no big deal... more than 100,000 books are published each year. The difference is, that this is *my* book.

This is the second lesson of intentions – *Your intentions are the only ones that you can manifest.*

Setting intentions, visualizing, manifesting things right before our eyes; these are the subjects of poets and philosophers. These manifestations are often deemed as miracles, anomalies or coincidences. It may appear that things happen around us all the time that are beyond our control and out of our hands. What I have learned, and know to be true, is that there are no coincidences. Everything that happens in our lives, without exception, is our own personal creation. Everything. Even when we think it is not.

You may not think you have chosen a certain thing to occur in your life. You may not think you have specifically asked for what has shown up for you. You may not think you created your own experience. In fact though, you have. You are a powerful creator and you have attracted everything to you; and you have done this by virtue of your recurring thoughts, feelings and actions.

Specifically, it is the way you *feel* about your experience that is your choice, your creation and your manifestation. You can intend and decide to feel good or bad about your life, no matter what shows up. You can choose to accept what is here with grace and ease or you can fight against it. You can choose to learn from the less than perfect circumstances or you can choose to ignore them. Always though, without exception, how you feel is your choice. Always.

By being aware that you choose how you feel about all that is in your life, you will begin to experience a sense of control. Control is a very interesting word, in that, we don't really control much of anything. Truly, there is only one thing we have control over; it is our thoughts.

What we know about our thoughts is that they control our feelings and actions. Therefore, if you control your thoughts, feelings and actions, you control your personal experience of all that happens in your life. This is why two people who experience the same thing at the same time will both walk away with different views and memories of the event. We cannot see things through someone else's eyes, we cannot walk a mile in their shoes and we cannot have the same feelings or experience that anyone else has; even when we think we can. It is simply not possible.

Your thoughts are your own. They belong to no one else. Your thoughts create your vision and therefore create your experience. All you have to do is have a vision, have a desire and set an intention by way of your thoughts, feelings and actions. The more clear and specific you are, the more likely you are to receive exactly what you are wanting. The infinite organizing power that is the creator of all life takes over and, as if by magic, and automatically, your intentions, your vision and your desires will manifest. Your only job is to have them. How cool is that?

This is the third lesson of intentions – *you receive what you believe.*

All it takes for you to live a life that is fulfilling is a belief in your intentions and a willingness to receive your vision as it shows up. It will appear as if by chance or by fate. It may seem like a miracle, and in fact

you can correctly call it that; for truly all of life *is* a miracle. *You* are a miracle, and your intentions set this miracle of your life in motion.

There are people in this world who are known as visionaries. They may have a vision for world peace, a vision for big business that supports the planet or a vision for harmonious communities and families. We know them as visionaries, because they make big statements, take big actions and get big results. We think of visionaries as people who think big, and we think of visions as being something huge.

In fact, visions and visionaries come in all sizes. I believe we are all visionaries.

I believe that our existence as individuals is an exact match to the vision we hold for our own individual lives. In other words, you are living the life you envision for yourself at the same time as you are on the path to your future vision.

It is vital you are aware that you set the feeling tone of your life. You must recognize the power you hold for the direction of your life. And simply by living your life, you are making a contribution each day to a harmonious, or less than harmonious planet.

Some people were never told as children that they could do anything they want to do or be anything they want to be. Some people were never told that their feelings and thoughts matter in the creation of their life today and in their future. Some people have no clue that a simple shifting of emotions and thoughts will set them on a path of freedom, joy, abundance and fulfillment.

It is up to those of us who recognize these truths to share this knowledge. We must encourage those who are uncertain of their personal power. We must mentor those who have not consciously experienced their own personal strength.

It is up to us to live our lives as an example of all that is possible. We must shine our light and spread our joy.

As Gandhi said, “We must become the change we want to see in the world”. The change I wish to see is one of people living consciously, expressing their unique selves and experiencing greater joy because of it.

As I close the introduction to this book, I am consumed with hope and joy for the world in which we live. I am grateful to share this journey with people at all levels of awareness and consciousness and I am especially grateful to recognize the beauty of being alive. I say to you, what I wish for you...

Go forth and manifest!

With love, joy and gratitude,

Sue

DAILY WISDOMS

Your journey begins now.



“No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.”

Helen Keller

Optimism is a Practice

Being optimistic in every situation is a trait of people who are dreamers, big thinkers, movers and shakers, inventors, and the great leaders of businesses, churches and communities. Those who can see the good and focus on it, find not only that things generally turn out for the best, but also that their attitude and perspective often effects how things turn out. This does not mean ignoring real information or burying your head in the sand. Instead, it means you must acknowledge a situation, person or thing as it is and then recognize that everything is here for a reason. Every experience serves us in some way, even if we don't know what it is at the moment we experience it. Looking for the silver lining at the edges of a dark cloud is sometimes a lot of work. Sometimes it is easier to let the darkness envelope us, wrap us in it's' shadow and wallow in it. Optimism is not for sissies. Optimism is for those who dare to think and dream and hope. To look optimistically at something, simply mull it around in your head and turn it over and over to view it from various angles. If you cannot find something that looks somewhat bright, think about it from the perspective of an optimistic person you know. There is always more than one way to look at things. And remember this, when the glass is half-empty, it is also half-full. Perspective is the only difference. Now, that's Powerful!

Gratitude:

I am grateful for the many perspectives from which I can view things.

Intention:

I practice optimism in each conversation, thought and action.

"If you really want something, and really work hard, and take advantage of opportunities, and never give up, you will find a way."

Dr. Jane Goodall

Growth spurts

Have you ever noticed that good things often come to us in spurts? We can place all of our attention, focus and efforts on something for a very long time with little or no results. Then suddenly, the flood gates open and the results of our energies come pouring in. Sometimes they even come to us in the most unexpected ways and through channels we never would have guessed. When is the last time this happened for you? Most likely, it was not so long ago. Knowing and remembering that spurts of good come to us and that our efforts are always rewarded in some fashion during the course of our lives is a great way to stay on track, stay focused and continue looking to that which we desire. Don't ever give up hope... the growth spurt is coming! Now, that's Powerful!

Gratitude:

I am grateful for the experiences I have had and how much
I have learned.

Intention:

I continue on my path and I know I am growing
with each step.

“Everyone longs to be free. Freedom is our essential nature, so my ultimate prayer is that the world is set free to experience the truth and the beauty of our own being.”

Brandon Bays

Freedom is Our Natural State

We are born into this world with only our body, mind and spirit. We are born free. We are born with a heart that knows only love, a mind that seeks only pleasure and a spirit that knows only joy. We lose our sense of freedom in our early years through rules that are put in place for our safety and to help us “fit in” and be productive citizens in society. As an adult, do you still feel the freedoms of your infancy? What if you could find these freedoms in your mind? What if you could feel these freedoms in your heart? What if you could nurture these freedoms in your soul? Your mind offers you the greatest freedom or the most oppressive prison. It is your choice... will you feel the freedom? Will you allow yourself to seek and feel the peace, love, laughter, light and joy that surround you? Will you share with others the splendor of the freedom of your soul? Freedom is our natural state. Accept it for yourself and allow it for others. Now, that's Powerful!

Gratitude:

I am grateful for the freedom of my mind.

Intention:

I feel free today.

*“Love is the great miracle cure.
Loving ourselves works miracles in our lives.”
Louise Hay*

Miracles Are Not Sized

What is a miracle? One definition states that it is any wonderful or amazing occurrence. By this definition, the sun coming up, our hearts beating, children being conceived, clean drinking water flowing, the beauty of a snowflake and the glow of “warm fuzzies” are all miracles. Somewhere over the past few thousand years, we got the idea that only really BIG things that happen are miracles and that they happen very infrequently. What we have come to know is that miracles really DO happen all around us, every single day. No exceptions. In every moment we are surrounded by miracles. We have only to see them, be aware of them, feel them and allow ourselves to know we are in their midst. In fact, we ourselves are miracles. YOU are a miracle. Look in the mirror and give thanks for the miracle that is you! Now, that’s Powerful!

Gratitude:

I am grateful for the miracles that surround me each day.

Intention:

I see miracles in nature and in people.

“An awakening of consciousness is often stimulated by a deep sense of fear, followed by a profound sense of love as one realizes they are okay.”

Mary E. Allen

Monsters in the Shadows

As children, we often conjured up monsters in the darkness of the night. These monsters were so real to us that we were unable to go to sleep, we called for our parents to rescue us and we even shook in our sheets. What we now know as adults is that there were no monsters. Even though they seemed so very real to us as kids, we recognize that the monsters were simply a reflection of our own vivid imaginations. As adults, we still create our own monsters. These monsters come to us in the form of fear, worry, lack and anxiety. These feelings are created only in our minds. Like monsters, they are only as real as we think they are. Perhaps we can take a lesson from our childhood and recognize that we are creating our own monsters with our imaginations and our thoughts. Perhaps we can “turn the light on” and the monsters will go away. What is the light? The light is the knowledge that you are safe, secure and there is enough. The light is the knowing that you are not alone. The light is the love that is in your heart. Where there are no shadows, there are no monsters. Keep shining your light. Now, that’s Powerful!

Gratitude:

I am grateful for the light that others shine on me.

Intention:

I shine my light in every moment.

“Every one of us gets through the tough times because somebody is there, standing in the gap to close it for us.”

Oprah Winfrey

Messengers of the Universe

Everyday there are people that show up in our life. These people may be new to us or they may be someone we have a long-standing relationship with. There are those who we meet once, share an experience with and never see again. There are others who pop in and out of our lives randomly, sometimes wreaking havoc, other times spreading joy. No matter how these people show up for you, it is important to know that they are messengers of the universe who have come into your space and your awareness for a reason and a higher purpose. Perhaps they are here to help you recognize the beauty, ease and synergy of your circumstances. Maybe they are here to assist you with a lesson in patience, understanding or acceptance. Perhaps they are a light to shine on the path of your journey. Whatever the reason for their “popping in” to your life, you must know that they are teachers, they are sisters and they are angels. They are here only for your highest good, even when it may not seem like that at all. They are messengers of the Universe and they are here for you. Now, that’s Powerful!

Gratitude:

I am grateful for everyone who shows up in my life.

Intention:

I know that everyone is in my life for a reason.

Resources

Stay Connected to Your Intentions and Gratitude

www.powerfulintentionseveryday.com

Everyday Gratitude

Watch the inspirational movie

www.gratitudeeveryday.com

Stepping Stones

Watch the inspirational movie

www.steppingstonesforyou.com

Powerful You! Women's Network

Join or start a chapter

www.powerfullyou.com

Download your free e-book

Networking and You... Perfect Together

19 Indispensable Tips for Seasoned Networkers and Beginners

www.powerfullyou.com/freebook

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About the Author



Sue Urda is known as the Connections Expert. She travels the country connecting women to each other and to themselves through her network, her presentations and her words. Her personal mission is to assist individuals to follow their inner voice, find the simplicity in each day and live their lives in joy. Sue is the Co-Founder and CEO of Powerful You! Women's Network and a two-time honoree on Inc. Magazine's list of the 500 Fastest-Growing Private Companies.

Sue's vision is to contribute to a global consciousness of women helping women succeed in business and in life. Her vision for Powerful You! Inc. is to create venues for women to grow their businesses, nurture relationships and to foster empowerment, gratitude and self-development for women around the planet.

Powerful Intentions ~ Everyday Gratitude is Sue's first book and the first of the *Powerful Intentions Everyday* series. Sue is the author of the e-book, *Networking and You... Perfect Together* and Co-Creator of the Inspirational Movies, *Stepping Stones* and *Gratitude Everyday*.

GO FORTH AND MANIFEST

