

SETTING A PERSONAL INTENTION

AN EXERCISE IN “BEING” – NOT “DOING”

1. What specifically is the result I desire? (Things about me that I have “control” over...stated in the positive)

2. Using my resource file of past successes and accomplishments, imagine how I will see myself...what I will hear myself saying...and what I will feel...when I have lived my intention. Project my intention as if it has **already happened**.

I see myself

I hear myself

I feel

Take a few moments to actually experience this step...see, hear, feel...as if it were **real!**

3. Who will be touched by my intention? (e.g., manager, partner, client, employee, spouse, family member, etc.) How does my intention dovetail (integrate, benefit, fit in with) their goals, outcomes, objectives, or intentions?

4. Now that I've accomplished this, what is my next step?
