

# The Power of Intention Setting to Make Life Better

## WARMUP/REFLECTION



Who are you?

Why did you decide to take this workshop?

What are you celebrating from 2019?

What worked in 2019?

Did you notice or experience any common themes during the year?

What do you remember most from 2019?

## EXPLORE

**The Power of Intention** - Intention is getting clear and aligning with what you want to experience. It's easier to get where you want to be if you are clear on where you want to go. Intention springs from BEING and opens you up to inspired action. It differs from goal setting in that goal setting focuses more on DOING.

Intention begins with your desire. You can ask yourself powerful questions to get clear on your desire:

- What do you want?
- What do you want to experience?
- How do you want to feel?
- Who do you want to be?
- What does the foundation look like that'll get you to your desire? In other words, on this journey, what will be a solid alignment/support for you?

Getting clear on your desire is the disruption that takes you from a state of reacting to life to creating your life.

### Doing and Being

- Doing - The action that you take or don't take based upon the inner workings of your H-IOs
- Being - Who are you while taking or not taking action? What is going on in my Human Internal Operating System (thoughts, emotions, desires, behaviors, beliefs, Inner Truth) while I'm doing? Being in this sense recognizes the energy that you are carrying while you're doing (presence).



**“Over doing”** is when you feel frantic and overwhelmed. It keeps you moving, but leaves you feeling drained, unproductive and unfulfilled. Things get done but your goal does not feel any closer.

**“Over being”** is when you feel stuck and uninspired. You just wait for something to happen instead of initiating any forward movement and get down on yourself for not taking action.

## Form and Essence

- Form - The physical, tangible object (person, place, experience, thing, item, etc.).
- Essence - The why behind the form and what it truly will give you. It’s the feeling of the form.
- They work in conjunction with each other to elicit the feelings within you. Maintaining the connection to the feeling you want to achieve from the desire is important. Connecting to what it FEELS like is what helps bring the intention into fruition.
- Holding too closely to form can choke off anything else or any other way for your intention to come to you. If your only looking for it one way, you open yourself up to miss the others ways it can come in.

## More AND Enough

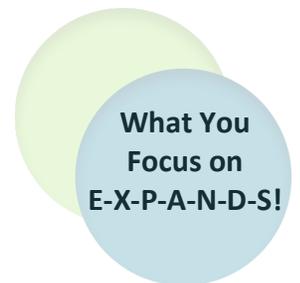
- The AND - expanding possibility - Shift from “I’m a starving artist.” to “I can be an artist AND I can make a lot of money.”
- Radical acceptance – It’s good enough right now AND I want more.
- The contrast of “I’ll be happy when....”; has you always chasing the “when.”

Life can get swirly. Sometimes it feels overwhelming, frustrating, and uncertain. Reconnecting with your intention aligns you with your power and keeps you heading in your intended direction.



### What is your intention for 2020? What do you want?

- In Essence:
  
  
  
  
  
  
  
  
  
  
- In Form:



**What do you want/need to let go of to allow your intention to come in?**

**How will you be open to receiving your intention?**

**How will you know that your intention showed up?**



**Non-Attachment.** We've experienced that intentions are most powerful when we allow the Universe/God/physics to work its magic then be open to receive however it shows up. We invite you to mentally/visually release your intention into the universe and detach from needing this to happen or mandating that it happen. The next steps are to follow your inspired action, continue on in your intention, feel the essence and allow it to unfold.

### MAKE IT YOURS



**What do you really want to remember from this workshop?**

Determine your "I am" for 2020.

o **I am** \_\_\_\_\_

### DECIDE HOW TO LIVE IT



**What is one step you can take towards living your intention?**

