

Inspired Intentions

Are you tired of never fulfilling your intentions? Learn how to increase your awareness by evaluating your life accounts, generate clarity by crafting a vision, and build confidence by achieving your first goal.

Assess Your Life Accounts

- Life Accounts: areas of your life that are important to you/where you spend your time
 - **5 F's: Family, Faith, Fitness, Financials and Fun**
- All of us are struggling in at least one of our life accounts. We have to clearly identify which account needs attention and stop wasting time.

“Everytime you say yes to something, you are always saying no to something else.”
- Greg McKeown

Motivation is Like the Weather

- Autonomy - the urge to direct your own life
- Mastery - the desire to get better and better at something that matters to you
- Purpose - the impulse to go after or work towards something greater than you

Creating A Vision

- Outcomes - what do you really want? Targets 3-6 months out. Create urgency and focus.
- Why - how will your life be different? The WHY is the nucleus when great things happen.
- Identity - what type of person will you become? Live the life you were meant to live.

Recommendations

“Coach Yourself Thin” by G. Hottinger and M. Schultz

“The One Thing” by Gary Keller and Jay Papayan

“The Power of Habit” by Charles Duhigg

“Essentialism” by Greg McKeown

“It Starts With Why” by Simon Sinek

“Drive” by Daniel Pink

“The Talent Code” by Daniel Coyle

“Living Forward” by Michael Hyatt

“4 Disciplines of Execution” by Stephen J. Covey

“The Subtle Art of Not Giving a F*ck” by Mark Manson

The Triangle of Change

1. _____

2. _____

3. _____

Step 1: The Five F's

| | | | | | |
|-----------|---|---|---|---|---|
| Family | 1 | 2 | 3 | 4 | 5 |
| Fitness | 1 | 2 | 3 | 4 | 5 |
| Fun | 1 | 2 | 3 | 4 | 5 |
| Financial | 1 | 2 | 3 | 4 | 5 |
| Faith | 1 | 2 | 3 | 4 | 5 |

Step 2: The Vision

I want to be (outcomes) ...

a.

b.

My life will be different because... (the why)

a.

b.

I am the type of person (new identity)...

Step 3: The First Domino

I will start by (first habit)...