



## Be Intentional

Intentional living is about taking full responsibility for your physical, mental, emotional, and spiritual self.

Self-awareness and self-reflection are keys to living with intention.

Realize that your attitude, thoughts, and behaviours affect your actions.

Choose how you wish to “show up” or be seen in the world.

### Who am I?

How would my friends, family, and colleagues describe me?

How would I like people to describe me?

What do I have to do for people to describe me this way?

Do I react or respond to situations?

How do I embrace change?

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# MY BIG HAIRY AUDACIOUS GOAL (BHAG)

Goal achievement requires clarity, challenge, and commitment.

Specific	<ul style="list-style-type: none"><li>•Are you specific about what it is you want to achieve?</li><li>•Can you describe what you want in detail?</li></ul>
Measureable	<ul style="list-style-type: none"><li>•How will you measure your outcome?</li><li>•How will you know you have achieved what you wanted?</li></ul>
Achievable	<ul style="list-style-type: none"><li>•Can you achieve it?</li><li>•Are there any limiting factors?</li><li>•What resources do I have? Can I outsource, delegate, or ask for help from anyone?</li></ul>
Realistic	<ul style="list-style-type: none"><li>•Is this goal realistic for you?</li><li>•Will you have enough time, money, or resources to accomplish this goal?</li></ul>
Timely	<ul style="list-style-type: none"><li>•What is the deadline or time frame you allotting for yourself?</li></ul>

## What is your big hairy audacious goal?

This goal should get you excited and nervous at the same time.

## What are you willing to declare?

I will \_\_\_\_\_ BY \_\_\_\_\_.

Sign Your Name \_\_\_\_\_

Witness \_\_\_\_\_

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## Are You Ready to Make It Real?

### Do you need help with accountability?

Make your declaration by sharing your goal with a trusted friend or share it publically.

Share it on Facebook.

Tweet your goals.

Make your goals visible.

Get Support.

Create a Conversation.

Invite Others to Share Their Goals.

## What New Habits Will I Have to Develop?

New Habits	Why?	What Difference Will It Make

**“Our character is basically a composite of our habits. Because they are consistent, often unconscious patterns, they constantly, daily, express our character.” – Stephen Covey**

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## Develop Your Vision

What do you want your life to look like? Can you imagine everything in clear detail? Write it down.

On a scale of 0 to 10 (0=none, 10=very important), how important is your BHAG? \_\_\_\_\_

When you set goals, you need to set them with no abandonment.

Set goals knowing that you may get a little uncomfortable because you are stepping out of your comfort zone.

Set them with NO LIMITATIONS or CAVEATS.

Do not limit your thinking by thinking about things like:

- How will I pay for?
- Where will I get the money?
- Where will I find the time?
- But I have \_\_\_\_\_ in my way

What are some of the phrases you catch yourself saying?

**“Your vision will become clear only when you can look into your own heart.  
Who looks outside, dreams; who looks inside, awakes.” Carl Jung**

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## Make a Plan

It is important to be mindful of the present while setting goals for the future.

**Where are you right now in your life?**

**Where do you want to be? What do you want to be, do, or have?**

**What are you willing to declare?**

I will \_\_\_\_\_ BY \_\_\_\_\_.

GOAL	What Do I Need	Available Resources	Potential Obstacles	Solutions/Way to Overcome the Obstacles	Expected Outcomes

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# SHORT TERM & LONG TERM GOALS

**SHORT TERM 0-12 months**

**LONG TERM**

**3 years?**

**5 years?**

**10 years?**

**20 years?**

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## Break It Down into Manageable Pieces

What affects goal achievement?



Focus



Effort



Attention



Time



Strategy

Consistency is key.  
Complacency is the kiss of death.

Avoid Goal-Fretting –  
Begin Goal Setting!!!

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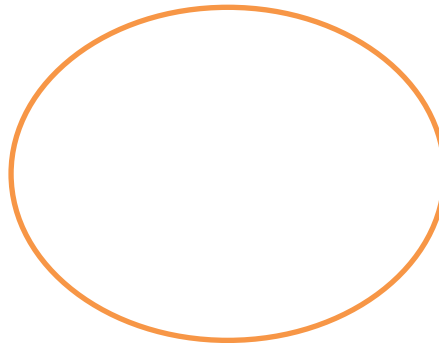
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## Mindmap or Brainstorm

What action steps do you need to take to achieve your goals?



Make a list. Brainstorm.



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