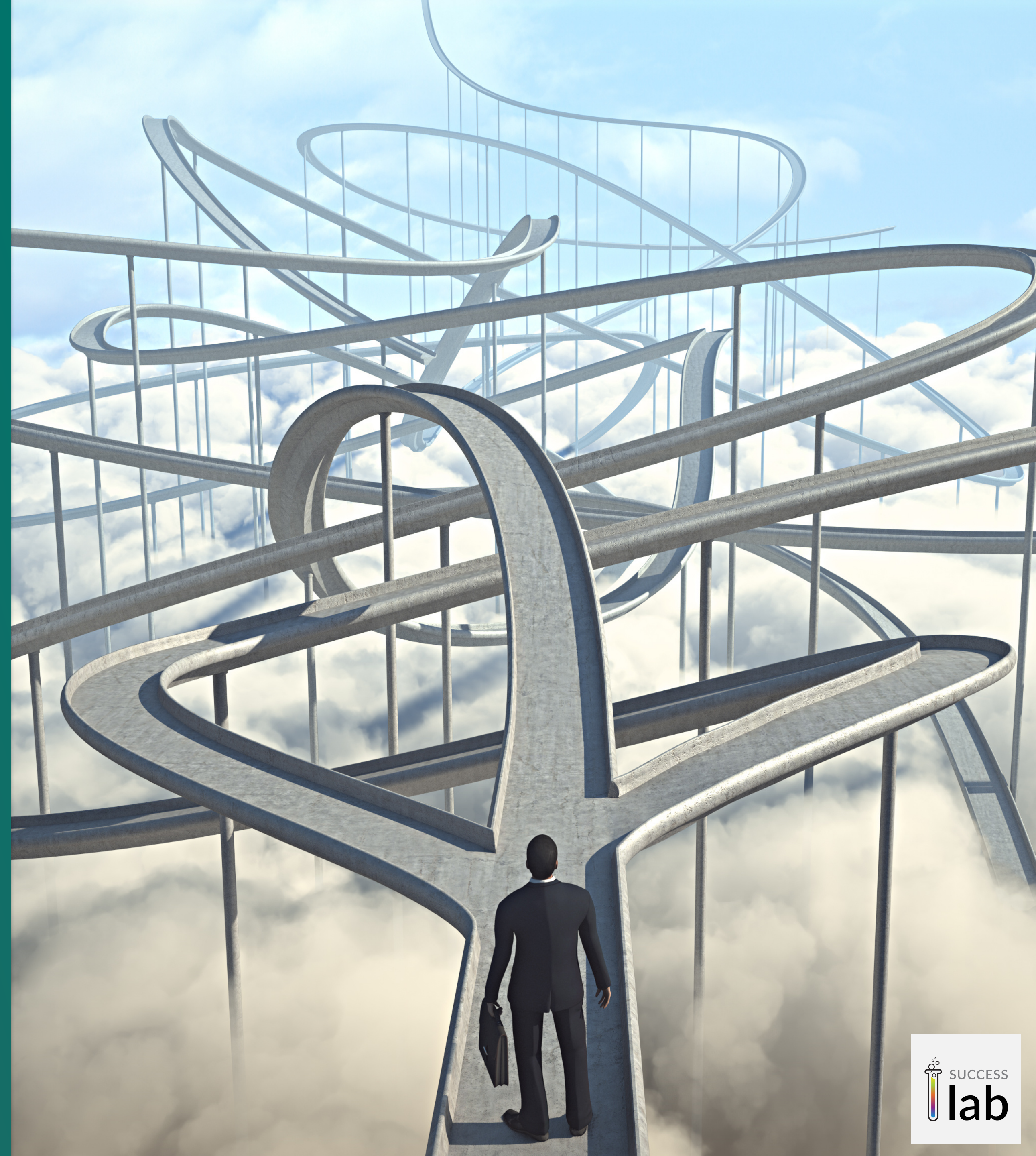


INTENTIONS
> GOALS



Discipline creates habits.

Habits create results.

Results create destiny.

It makes sense to set goals for habits rather than for achievements.

A goal to establish a healthy habit could be compared to an INTENTION because it declares who we want to become.

This internal focus is about exhibiting the character we most want to be.

It will deliver truck loads of happiness that is not available via a new car, boat, holiday etc...

A goal is not an **intention**.

Goals create your future...BUT

BAD

- Can take us out of the moment,

BAD

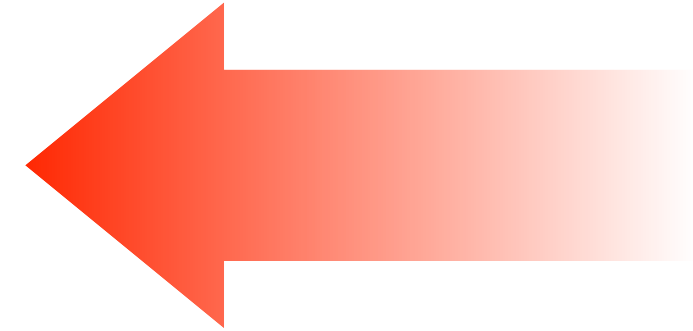
- Cause us to experience, NOT the goal...

GOOD

- Determine our next lessons

Intentions > Goals

GOALS

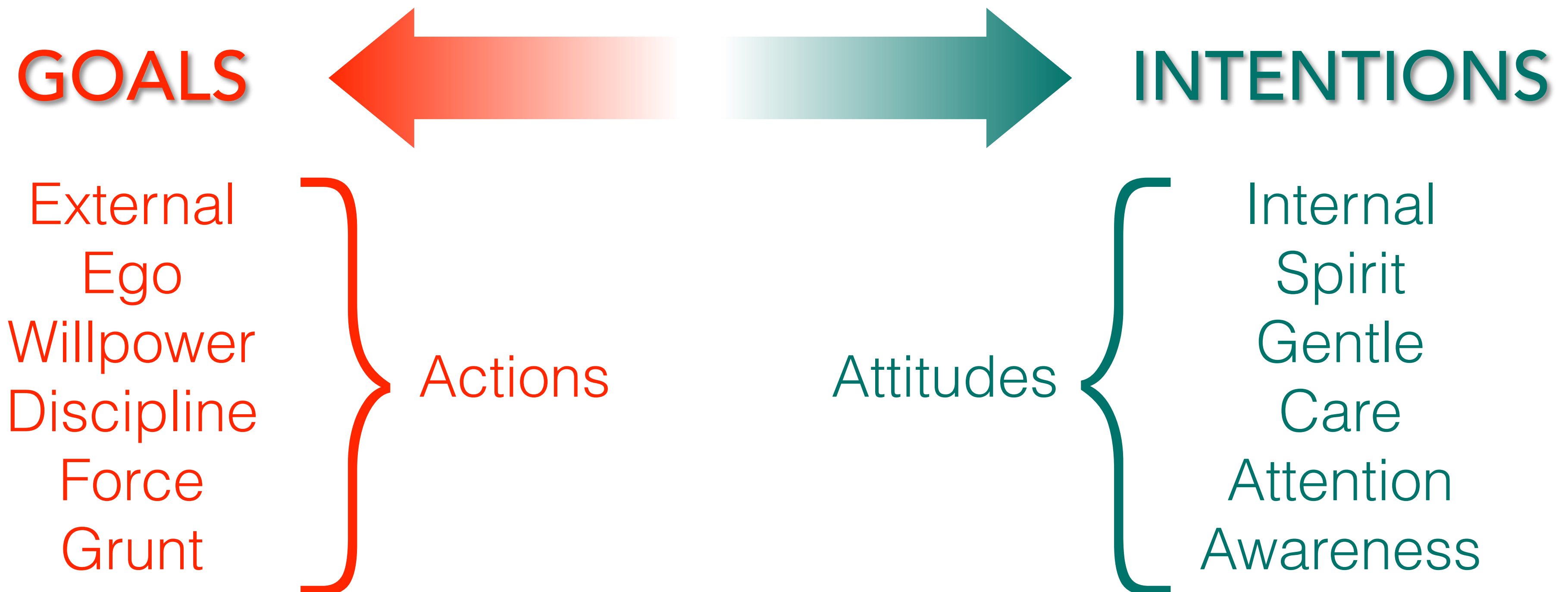


INTENTIONS

I want to lose 10 kgs
Increase income by 30%
More time with the kids
Harly Davidson Trike

Be fit and healthy
Live more comfortably
Deepen relationships
Awareness

An intention is a guiding principle for how you want to **be**, **live**, and **show up** in the world.



INTENTIONS

Internal
Spirit
Gentle
Care
Attention
Awareness
Esoteric
Unmeasurable
Values based
Heartfelt
Mystical
Experiential

The incessant chatter of our thoughts, emotions, memories, fears, worries, preoccupations, biases and judgements stop us 'hearing' our intuition, our hearts desires and our deepest longings.

Beyond the noisy dialogue is a state of awareness.

A state of profound understanding.

INTENTIONS

Internal
Spirit
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Meditation takes you beyond the ego mind into silence and stillness. From this 'place' you can set your intentions.

BUT...

You must first relinquish your rigid attachment to specific results and live in the wisdom of uncertainty.

Intentions > Goals

GOALS

ATTACHMENT

Many goals are fear based forms of attachment to specific results which MUST be achieved before we will give ourselves permission to experience happiness.

Rarely does this happiness last - requiring constant 'topping up' from the reaching of yet another target.

INTENTIONS

DETACHMENT

Detachment is based in the unquestioning belief in the power of the authentic self to deal with whatever presents itself as the next perfect step in a perfect life.

Detachment frightens the ego and frees the soul to fly like an eagle.

Detachment recognises that possessions are a burden.

If you are not your
body, your thoughts or
your emotions then
who / what are you?

The Vedic texts (*The Upanishads*) refer to you this way:

You are what your deepest desire is.

As you desire, so is your intention.

As your intention is, so is your will.

As your will is, so is your deed.

As your deed is, so is your destiny.

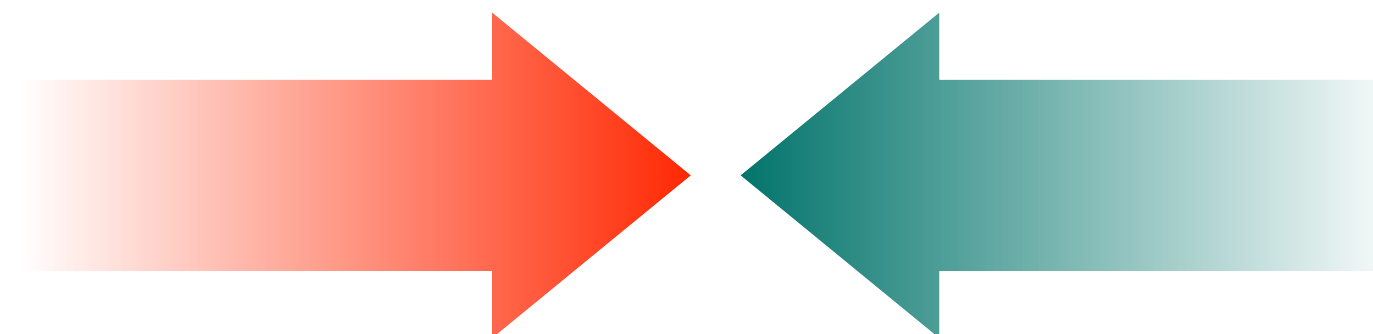
GOALS

DESIRE

What you want to do, create, achieve, have, own or participate in.

ACTION

You will have to learn what you don't know, obtain skills you don't have, face challenges you've never faced, work diligently, bounce back from disappointment, apply new information and get comfortable with being uncomfortable.



INTENTIONS

DESIRE

Who you want to be, and what you want to stand for while you pursue the goals.

ATTITUDE

You will have to change old beliefs, prejudices and mental habits and deal with constantly letting yourself down whilst maintaining a cheerful disposition.

The Power Of Intention

Intentions re-connect us with our truest self.

Intentions are internally generated.

Intentions are expressions of our values.

Intentions express who we are.

Intentions tell us how we want to be.

Intentions strongly mobilise and motivate.

Intentions create sense of direction and PURPOSE.

Your intentions
create your reality.

The Power Of Intention

You cannot always control what goes on outside. But you can always control what goes on inside.

Wayne W. Dyer

“ quote fancy

Assignments

<i>1</i>	Set three intentions you want to work with for the next six months.
<i>2</i>	Ask yourself what actions you have to undertake to make the intentions a reality.
<i>3</i>	Decide what beliefs and attitudes you need to change to create these intentions as a daily experience.