

Intention Setting

 Allow 15 - 30 minutes

 Any space

All of the work I do starts with an intention. By asking the simple questions...

*What am I here to do?
And why am I doing it?*

...you clarify the purpose, direction and focus of your experience to support the growth and change you want to create.

By using the technology of intentions, you distill the answers to these questions down into a positive statement, free of limitation, that guides everything you do and experience during this journey, ultimately leading you to become more of the man you want to be.

Depending on your style you may do this process over a number of days, coming back and adding to it or you may want to create a window of focussed solo time where you tune in and complete it in one go. Trust yourself and do what works for you, there's no right way.

So let's get started. Reflect on the question; *what am I here to do?*

To really uncover the truth of it you will need to delve deeper, these questions will help you:

- > *What behaviours and habits are no longer serving you?*
- > *What positive experiences and ways of being would you like more of in your life?*
- > *What change would you like to see in yourself and your life as a result of this program?*

Get a piece of completely blank paper (A4 or bigger) and a pen. Write down your reflections and answers to any/all of the questions above. There may be single words, there may be sentences, there may even just be shapes and lines. If you need more than 1 page then use more!

Now reflect on the second question; *why am I doing it?*

This question often has a simpler shorter answer, however it can still be necessary to dig, complete the same process on a new sheet of paper, these questions will help you:

- > *What drew you to this program and motivated you to commit to it?*
- > *What will happen if you don't follow through and create the result you are intending?*
- > *Who will be impacted most?*
- > *What will be positively impacted in your life if you do follow through and achieve the result?*

Once you feel complete, like everything essential is out on the paper, read back over it all in no particular order.

Notice how you feel whilst you do this, observe any emotions or physical sensations that arise, you may notice nothing and that is fine.



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Now get 2 different colour pens or markers, eg red and green.

Using the red marker go through everything you've written and circle anything that feels to you like it's negative, holding you back or not going to help you create the result you want.

Now use the green marker to go through and circle anything that feels like a strong representation of the positive results you are wanting to create. It could be ways of being, behaviours, experiences, interactions, beliefs and so on.

From the words that are circled in green you are going to construct your intention statement. You may not use all of them and you may need to write it a few times to get it really humming.

When writing make sure to use the following:

- > Write in present time using clear language e.g. I am confident and passionate.
- > Don't write what you don't want e.g. I am no longer afraid of my own power.
- > Avoid trick sentences that keep you where you are now or in a process of trying to get what you want and not actually getting it e.g. I will be courageous and try to express myself authentically.

When you have a single sentence, or two, that is powerful, clear and ideally feels slightly uncomfortable to read/say aloud, then your intention statement is complete. I say slightly uncomfortable because if you are truly challenging yourself to grow and reach for something significant then it will be outside your comfort zone and that is marked by some level of physical, emotional or mental discomfort.

If you have a journal you may want to write it in there on a fresh page, or on a new piece of paper. Bring it with you to our first call.

Finally gather up your other bits of paper and have a look at the words you have circled in red.

You're going to need these for the ritual I am inviting you to do before the journey begins.

