



THE POWER OF INTENTION

Getting What You REALLY Want

Discipline creates habits.

Habits create results.

Results create destiny.

Before we start we need to talk about habits.

People struggle with **establishing good habits** and **eradicating bad ones** because they tackle them as if they are all equal.

Researchers have found...

KEYSTONE Habits.

Habits which make it easier to establish other habits.

For example: EXERCISE

Exercise itself increases energy, improves mood, enhances sleep, boosts digestion, reduces craving and promotes smarter thinking...

...which makes it easier to develop other good habits.

KEYSTONE HABITS

EXERCISE

Research in the last 5 years points to the unrivalled benefits of strenuous exercise. In fact the idea of walking the dog as exercise is scoffed at by analysts. If you are interested - explore HIIT.

READING

The more you read the more knowledgeable and insightful you become. Reading speed generally increases over time - thus increasing ability to remain useful and relevant in a constantly changing environment.

RISK TAKING

The willingness to act in the face of fear. Your enthusiasm for (intelligent) risk creates bigger **“wins”** - as well as more failures from which to gather knowledge, wisdom, experience...

OTHER KEYSTONE HABITS

Communication

Wealth Creation

Emotional Intelligence

Self Esteem

Self Motivation

Habit Change

Relationships

Therefore 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,

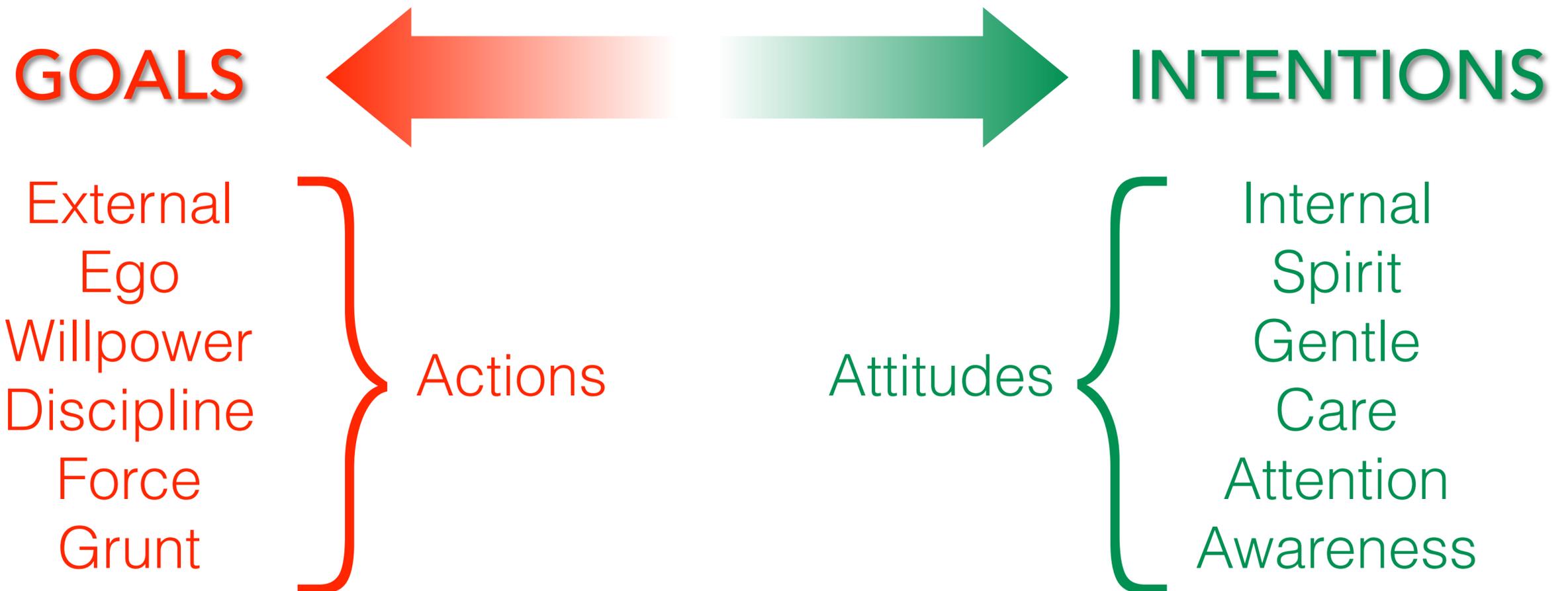
BAD

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

GOOD

- Determine our next lessons

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

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Experiential

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.

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.

DETACHING FROM GOALS

BELIEFS TO ADJUST

I am what I have.

(My possessions define me)

I am what I do.

(My achievements define me)

I am what others think of me.

(My reputation defines me)

I am separate from everyone.

(My body defines me as alone)

I am separate from all that is missing in my life.

(I am disconnected from my desires)

I am separate from God.

(My life depends on God's assessment of my worthiness)

A purple circle with a white glow effect, containing the text 'How to live a more spiritual life' in white.

How to
live a more
spiritual
life

DETACHING FROM GOALS

EGO BASED ATTITUDES TO DISMISS

Stop being offended.

(You are not diminished by another's attitudes or beliefs)

Let go of the need to win.

(You are not better or more beautiful because you won)

Let go of the need to be right.

(You gain nothing anyway)

Stop being superior (judgement).

(You are not - the judgement makes you mean spirited)

Let go of the need to have more.

(It does not make you more secure)

Let go of your identity.

(If you really are a child of God - you don't have an identity)

A purple circular graphic with a white shadow, containing the text 'How to live a more spiritual life' in white, sans-serif font.

How to
live a more
spiritual
life

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.

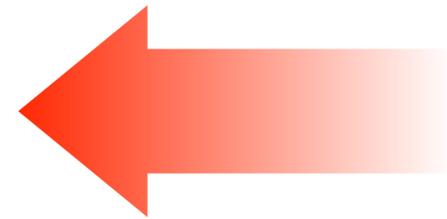
As you desire, so is your intention.

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



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

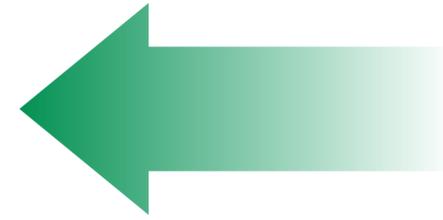
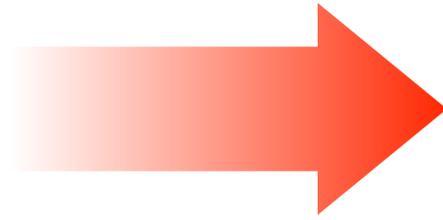
INTENTIONS



Be fit and healthy
Live more comfortably
Deepen relationships
Awareness

GOALS

DESIRE



INTENTIONS

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.

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.

THE POWER OF INTENTION

Your intentions
create your reality.

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

Wayne W. Dyer

quote fancy

HOW TO CREATE AN INTENTION

1

SPEND TIME IN REFLECTION

What matters most to you?

What would you like to build, create or nurture?

What would you like to let go of?

Who would you like to forgive?

What makes you proud?

What words would you like to align with?

What fears would you like to release?

What are you grateful for?

HOW TO CREATE AN INTENTION

1

SPEND TIME IN REFLECTION

How do you know what really matters to you?
The absolute truth is that you decide your values.
You can both give and withdraw this 'meaning'.
Therefore - it is possible that what *matters* to you is
no more than a collection of biases and opinions.

Only a deep meditative inspection of the reality
of life will reveal to you exactly what will bring
you satisfaction, fulfilment and contentment.

YOU CAN NOT OVERDOSE ON MEDITATION

HOW TO CREATE AN INTENTION

2

CREATE A STATEMENT

Create a statement or write a sentence that feels 'right' when you read it out loud to yourself.

Include as many of the answers from Step 1 as possible.

Make the statement aspirational and inspirational.

HOW TO CREATE AN INTENTION

3

RELEASE DOUBT & NEGATIVE BELIEFS

If your intention flies in the face of years of negative beliefs and disappointments you must take definite, identifiable steps to change those beliefs by confronting them as ‘truths’ of the past but not the future.

You must also re-assure yourself that self belief is **NOT** a prerequisite to success.

HOW TO CREATE AN INTENTION

4

DECIDE WHAT ACTIONS ARE CONGRUENT

Intentions without actions which reflect them are merely hopes and wishes for a different result whilst doing the same thing as always...

What do you need to do to walk your talk?

Exercise:

Make list of 5 intentions for the next year.

Write them as values and characteristics displayed by the person you most wish to be.

Double check - are these intentions:

- Focused
- Realistic
- Positive
- Healthy

HOW TO BE MORE INTENTIONAL

Focus on being more:

CREATIVE: Sing, dance, draw, paint, write...

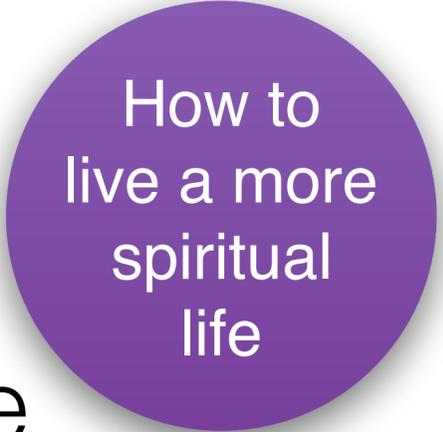
This is to cultivate the habit of creating what you want.

KIND: Acts of kindness need higher levels of awareness of others struggles.

LOVING: Love is the answer - no matter what the question.

GRATEFUL: Gratitude opens you to more.

ABUNDANT: Direct your attention to 'the ocean of abundance'.



How to
live a more
spiritual
life

CREATING INTENTION CARDS

1 On a card or thick paper write a brief phrase or sentence that summarises your intention.

eg: *“Opening to new relationships.”*

CREATING INTENTION CARDS

2

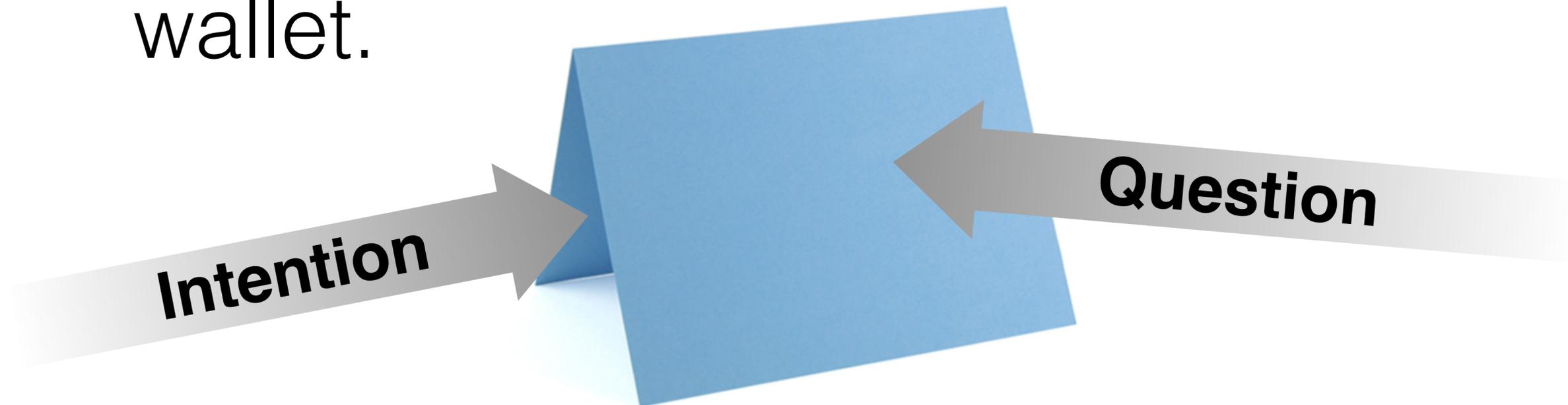
On the back of the card, write your action question.

eg: *“What can I do, say or participate in that will keep me opening to new relationships?”*

CREATING INTENTION CARDS

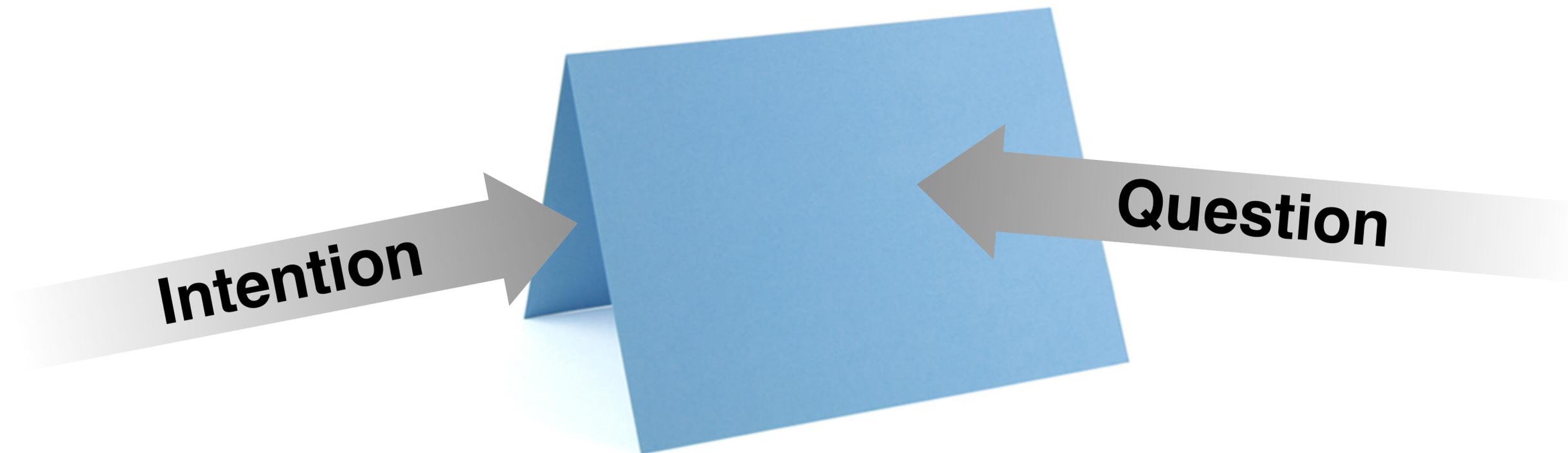
3 Fold the card in half with the intention on the inside and the question on the outside.

Place the card in your pocket, purse or wallet.



CREATING INTENTION CARDS

- 4** Refer to the intention and the question several times each day for 30 days by reading each aloud sporadically.



“Intention is the starting point of every dream. It is the creative power that fulfils all of our needs, whether for money, relationships, spiritual awakening, or love.”

Deepak Chopra

LIVING WITH INTENTION

Manifesting anything you want is an 'inside job'.

Most of the time our mind is caught up in thoughts, emotions and memories. Beyond this noisy internal dialogue is a state of awareness called the 'gap'.

Meditation will take us past the noisy ego chatter into the stillness of the gap where we can set our intentions.

LIVING WITH INTENTION

“Miracles occur naturally and when they are not occurring, something has gone wrong.”

~ A Course In Miracles

WE GET IN THE WAY.

Our negative beliefs, our focus, our fears and anxieties, our anger towards our past and projected into our future - all get in the way of allowing miracles to occur naturally.

LIVING WITH INTENTION

STEP 1: Get clear about what you want.

STEP 2: Get clear about all the ways you don't believe, all the limiting beliefs and negativity that might be blocking you.

STEP 3: Clean them up.

STEP 4: Know the universe 'has your back'.

LIVING WITH INTENTION

You cannot let your outside world dictate your inner state.

Your inner state will support your external experiences.

LIVING WITH INTENTION

We have to hold the energy and let the outside world come to reflect what is on the inside.



lab ELITE THE POWER OF INTENTION

STEP 8 Write intentions written and read them every day. Read them throughout the day. Write down your energy and intentions.

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STEP 5 Write 4 intentions. Write them by the guidelines.

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STEP 3 CONT. What negative beliefs do you have from the past? Do you still have these expectations? Symbolic beliefs and how do they affect them in the present?

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STEP 2 Once you have your intentions, be sure to write them down. Write ON the guidelines:

- Focus on what you want, not what you don't want.
- Write "I am" or "I will" statements.
- Realize your power.
- Avoid negative words.
- Start with "I" and "I will".

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STEP 1 **SELF REFLECTION** Take time to really dig into what you want your intentions for the year to be and why they matter to you. Here are some questions to help you get started in forming an intention:

What matters most to you?

What would you like to build, create, or nurture in your life?

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STEP 1 CONT. What would you like to let go of? Who would you like to forgive in your life? How do you feel when you are your happiest self?

Download from the workshop page of the members site.

THE POWER OF INTENTION					
Grading Element	Exceptional (4 pts)	Competent (3 pts)	Needs Improvement (2 pts)	Unsatisfactory (1 pts)	Score
Keystone Habits	I am aware of the importance of 'keystone habits' and have introduced them into my daily routines to create a domino effect in every area of my life.	I am aware of the importance of 'keystone habits' and have often included them into my daily routines.	I am aware of the importance of 'keystone habits' and have sometimes included them into my daily routines.	I always struggle with habit change: I try to establish good habits but my efforts get undermined by my bad habits.	
Intentions Defined	I always understand intention is a guiding principle for how I want to be, live, and show up in the world; I am clear about my intentions and always use them as a roadmap for how I want to live.	I mostly understand intention is a guiding principle for how I want to be, live, and show up in the world; I am mostly clear about my intentions and often use them as a roadmap for how I want to live.	I sometimes understand intention is a guiding principle for how I want to be, live, and show up in the world; I am sometimes clear about my intentions but need to focus more on them to live the way I want to live.	I don't understand how intentions can help me, I have enough trouble with goals; I am not clear about my intentions or why I should bother setting them.	
Detachment	I always intend for everything to work out as it should, then always let go and allow opportunities to come my way based on the unquestioning belief in the power of my authentic self.	I often intend for everything to work out as it should, then often let go and allow opportunities to come my way based on the unquestioning belief in the power of my authentic self.	I sometimes intend for everything to work out as it should; I sometimes let go and allow opportunities to come my way and other times doubt the power of my authentic self.	I have a rigid attachment to things turning out the way I want and am not prepared to let go and live in uncertainty.	
Benefits of Setting Intentions	I always understand that my intentions are internally generated and connect me with my authentic self, expressing my values and who I am; they always strongly mobilise and motivate me, creating a direction and sense of purpose.	I mostly understand that my intentions are internally generated and connect me with my authentic self, expressing my values and who I am; they often strongly mobilise and motivate me, creating a direction and sense of purpose.	I sometimes understand that my intentions are internally generated and connect me with my authentic self, expressing my values and who I am; they sometimes mobilise and motivate me to act.	I don't understand how my intentions are internally generated and don't connect with my authentic self, I don't know my values or who I am; I am usually mobilised by fear.	
How to Create An Intention	I always spend time in self reflection to get clarity setting my intentions, I create a written statement around each of them so I can focus on them; I always release my doubts and negative thoughts and always take congruent actions to walk my talk.	I often spend time in self reflection to get clarity setting my intentions, I often create a written statement around each of them so I can focus on them; I often release my doubts and negative thoughts and take congruent actions to walk my talk.	I sometimes spend time in self reflection to get clarity setting my intentions, I sometimes create a written statement around each of them so I can focus on them; I find it difficult to release my doubts and negative thoughts and take action.	I rarely spend time in self reflection so rarely get clarity, I don't see the point of creating intentions; my focus is on getting through each day; I find it difficult to release my doubts and negative thoughts.	
Action Items				Sub Total	/20

WHAT NEXT?

NEXT DAY Q&A

Tuesday 21st January 8pm (Sydney time)

You will be receiving an email from Zoom to access this session.

NEXT WORKSHOP:

THE GIFT OF FORGIVENESS

Saturday 15th February 10am - 3pm (Sydney time)

Venue: Global Success Academy HQ!

REMEMBER...

Post about your progress.
Sharing problems is as important
as sharing victories.
Support each other.
Ask me anything - I will answer as
many questions as you ask!

