

Be Intentional

The word *intention* comes from the Latin word *intendere*, which means to "stretch out," "to extend". To be intentional is to be *willing* to stretch yourself and grow from the inside out. It is a journey and a process of stepping into your power, clarifying your purpose, and staying *true* to your path. Do you know where you would like to be in the next three months? Six months? One year? Three years? Five years? Here is a quick way to get started.

Spend some time this week thinking about and visualizing where you would like to be in the next three months (or whatever time frame works best for you). Get clear as to what you would like to change, why you would like to make a change, and how you plan to make it happen.

I would like to change:

The reason I would like to make this change:

I invite you to create a powerful intention to pull you forward. **State what you intend to accomplish within a specific time frame.**

I intend to _____

Based on this intention, I commit to taking the following actions:

1. _____

2. _____

3. _____

If there is a gap between your intention and action, see it as an opportunity for personal growth rather than a personal failing; recommit to your intention and begin again. Consider using images and/or symbols as a visual reminder of your desired outcome.