

Intentions

It's Carole, the Transition Technician again. This month I want to talk to you about intentions--what they mean and what they can do for you. I'm sure you've heard the old saying: "Most people spend more time planning their vacations than their lives."

How does this apply to your life?

I want to challenge you to stop and consider where you'd like to be in a year, if not, you might not like where you end up. Setting intentions or goals is easier than you may think. You don't need to spend hours working on them. Ten lines is all it takes. As you write them, make sure you choose intentions that you're ready to put your time and energy into. The act of writing intentions is only one part of the process. Taking action to fulfill your intentions is what inspires doors to open and pathways to clear.

Your intentions might relate to your finances, your health, your career, or the dreams you keep putting off. Whatever intentions you set, remember, keep them simple. What matters most is that they feel right to you. You'll know this is the case when you look back over the list and think, "Yes! This is **exactly** what I need to focus on or *what I'd like to have happen!*"

Looking back over my corporate career, I realized my "A-ha moment" was about 8 months before I got right-sized. Now, you may be thinking what in the world is "right-sized"? It's another way of looking at being downsized. Over the past twenty something years, I spent my time in telecommunications with various Wall Street firms and later with a direct competitor to Verizon for small to medium businesses. What did this do for me? It afforded me the ability to work with small to medium sized businesses to learn how the inside of those businesses worked. I learned from these business owners what worked to grow their business and what didn't. I learned that technology was great but only as great as the business owner utilized it. If she didn't have an intention or a goal written down then she didn't have a baseline to measure from. Similar to a business plan, having a set intention will inspire you to achieve your aspiration. Once you determine your goal, follow through by setting a review date, and stay on track, you will realize your success. *The world is your oyster. . .*

Ask yourself, "When was the last time I looked at my business plan?" These business plans serve the purpose to get your business up on its feet- But..Now is the time to set your intentions: Let's go back to my earlier question: Where would you like to be a year from now?

If you don't start today, when will you? Take 30 minutes to review the following small checklist.

1. List what you want your life to look like one year from now.
2. What specific areas are you working on?
3. Break the larger thoughts into smaller objectives.
4. Clearly define each intention.
5. Give each intention a specific achievable time frame.
6. Ask yourself: How will you know when you have achieved your goal?

7. Continue by asking: What results will you see?
8. This will confirm if your goal has been reached.
9. If you achieve your goal; what will it be worth to you?
10. Imagine how you will feel. Think how your interactions with others will change after you have successfully completed even one of your intentions.

My goal is for you to realize the potential growth for you and your business.

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