

Intentionality

The Basics **Prepared By**

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The First Step: Knowing What You Want

***What Are Your Values, Dreams, Priorities
And Goals?***

Why Do You Get Out Of Bed Each Morning?

***What Is Your Purpose And What Makes You
Feel Alive?***





The Second Step: Align Your Actions Accordingly

How Do You Spend Your Time, Money And Energy?

Are You Living In Alignment With What Matters Most To You? If Not, What Needs To Change?



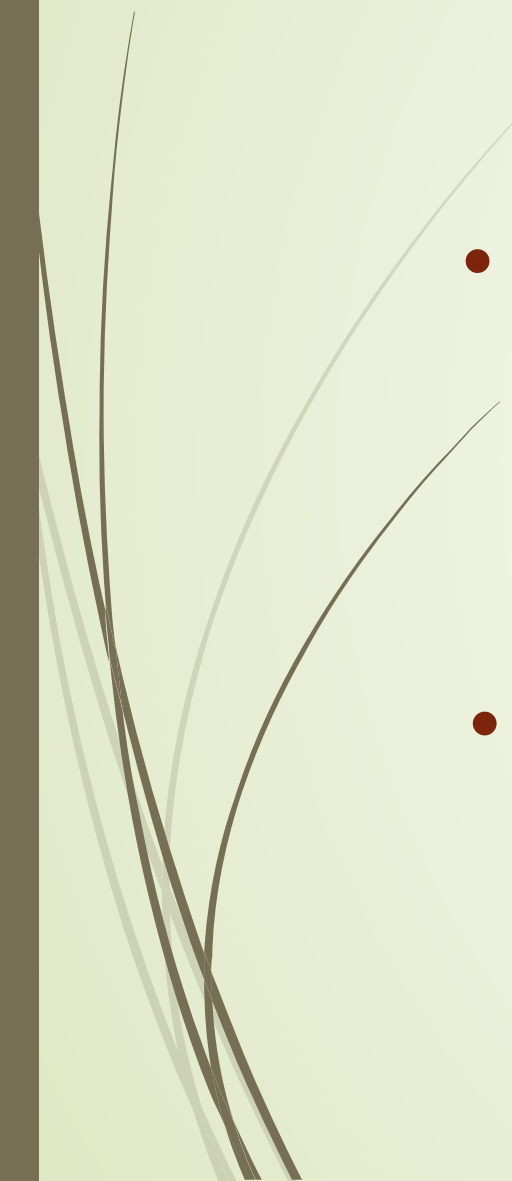
The Third Step: Make A Plan And Practice it Consistently


An Intentional Life Is Not A Perfect Life—But It Is A Purposeful Life

It's Finding The Courage To Let Go Of Things That No Longer Serve You To Pursue Things That Make You Successful



The Plan

- *Define your goal in writing. Define and document the end goal*
 - *Divide the goal into milestones*
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- ***Identify the resources needed***
 - ***Prioritize and assign all related tasks***
 - ***Review, reflect, and refine as you go***