



*Year
of Intention*

START WHERE YOU ARE, USE WHAT YOU
HAVE, DO WHAT YOU CAN [ARTHUR ASHE]

**March
Whole
Group Call**

Agenda

12:00-12:10 - Welcome & Group Check-In

12:10-12:25 - A Day in an Intentional Life ~ Is it improbable?

12:25-12:50 - Limiting Beliefs: Where they came from, how they work, and how to work with them

12:50-1:00 - Wrap-Up / Q & A

**Welcome
&
Group Check-In**

A Day in an Intentional Life Visualization

Is it Improbable?

Possible = attainable; might already exist in my life

 Probable = highly likely; not a big stretch to make happen

 Improbable = seems highly unlikely but with some chance

 Impossible = totally out of reach; not able to have/be done

Limiting Beliefs

What thoughts or stories are you telling yourself that place anything outside of what is *possible*?

Where did they originate?

Are they *externally oriented* or *internally oriented*?

How to Work

1) Byron Katie's "The Work"

2) Who is Your "Everyone"

3) Name your "Lizard"

Connecting the Dots

Human Needs Ecosystem:

made up of the 7 components of wellbeing

(take the quiz! <https://www.restquiz.com/quiz/rest-quiz-test/>)

The modified Golden Circle (**WHY**, What & How)

Small Group Format & Guidelines

10 min: hellos + settle in

30 min: rotate through the group to share what you're working on; what hurdles / barriers you're experiencing (internally & externally)

10 min: support / resource-sharing / encouragement

5 min: reflection / commitments to self (can be journaled or shared)

5 min: identify “leader” for next month / close / good-byes

Next Steps

&

Q&A

Small Groups

Wednesday A

Kim

Mitra

Meredith

Paula

Karen

Kristin

Wednesday B

Syd

Will

Allison

Heather

Barb

(Leisa)

Wednesday C

Marshall

Tracy

Geraldine

Jacqui

Paige

Shannon

Thursday 7-8pm

Rae

Beth Anne

Bee

Lacy

Jess