



Year
of Intention

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

May
Whole
Group Call

Agenda

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

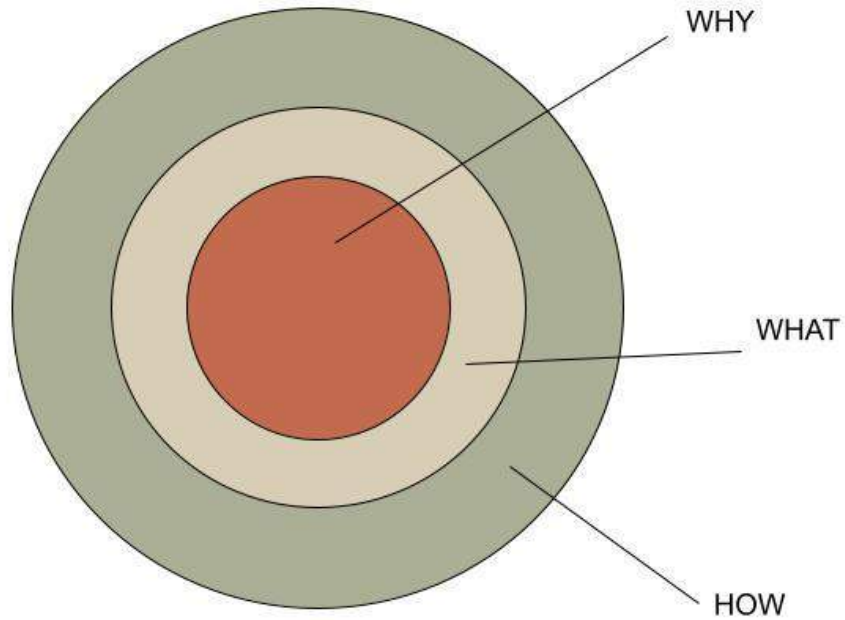
12:10-12:30 - The Practice & Power of Self-Observation

12:30-12:50 - Peaks & Valleys

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

**Welcome
&
Group Check-In**

From the WHY to the WHAT



The Practice & Power of Self-Observation

Self-observation is the practice of observing
one's thoughts & feelings (emotions + physical sensations)
both during AND after an experience

The Practice & Power of Self-Observation

The Practice

Any time we pause and notice our internal state (including thoughts/feelings)

- Seated Meditation Practice
- Mindful Eating / Walking / Anything!
- Pausing & noticing oneself at particular predetermined points

The Practice & Power of Self-Observation

The Power

- Strengthens our ability to direct and hold our attention
- Gives us a more truthful understanding of how our “WHATS” are actually impacting/affecting us
- Empowers us to recalibrate & redefine our WHATS by increasing our capacity to choose what’s best for us

Peaks & Valleys

Looking at your life “graph” of peaks and valleys, ask the following questions:

- What helped me?
- What hurt me?
- What wisdom can I gather from those experiences that can support me in my life right now?

>> Don't forget to look for the cumulative effect of *small* things <<

Intentionality

Intentional: *done on purpose; deliberate*

- This isn't about rigid “goal” setting
- It's about making intentional choices (connected to a deeper “why”) as regularly as possible
- Intention requires Attention
- Recalibration is part of the process
- Life is shaped more by small, frequent intentional choices than occasional “big” intentional choices

Next Steps

&

Q&A