



Year
of Intention

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

June
Whole
Group Call

Agenda

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

12:10-12:20 - The Ups & Downs (the “Whats” & the specifics)

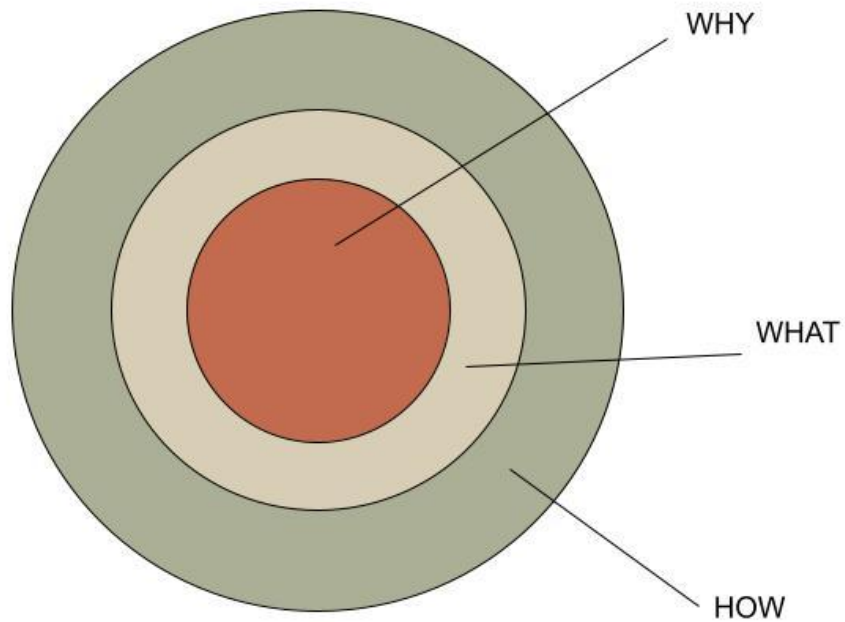
12:20-12:30 - Body Compass Review

12:30-12:50 - Defining & Trying

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

**Welcome
&
Group Check-In**

From the WHY to the WHAT



The “Whats” of Your Ups & Downs

- Review the upward and downward slopes of your “Peaks & Valleys” graph
- What helped? What hurt?
- Drill down and get very specific with details

The Body Compass

- Review your + / - Body Compass Feeling States
- Awareness practices - especially pausing & noticing
- Cumulative effect of small choices over time (especially important to notice the effect of experiences that fall in the +1-3 / -1-3 zone)

Defining & Trying

- Pick ONE area of your Human Needs Ecosystem
- Define 2-5 intentional choices you will include over the next 4-6 weeks
- Incorporate 1-2 of these things into your life each week—or until it becomes less draining to do so; then add in another
- Try & Information vs Trial & Error / Take note of what you noticed

Next Steps

&

Q & A