



Year
of Intention

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

July
Whole
Group Call

Agenda

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

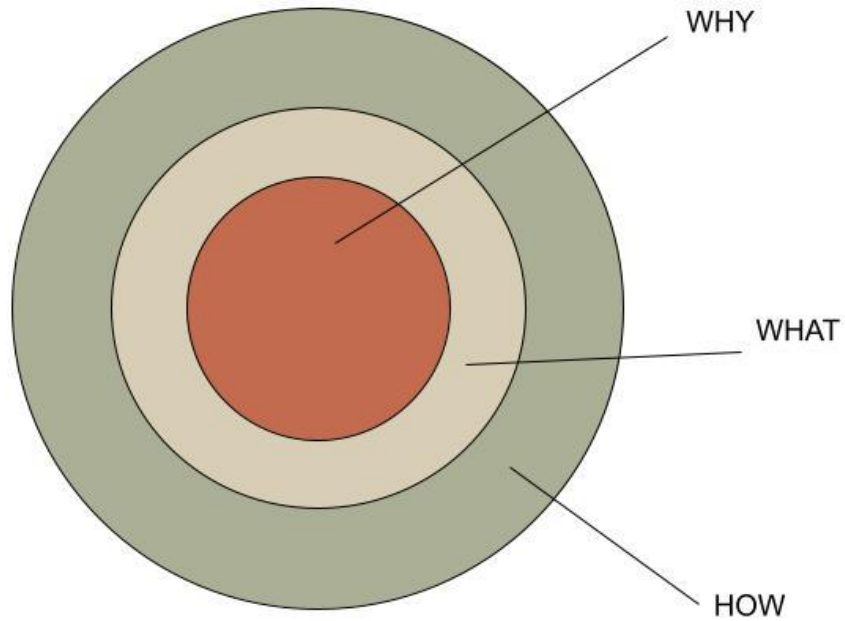
12:10-12:30 - From “Whats” to “Hows”

12:30-12:50 - How to Work with your “Hows”

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

**Welcome
&
Group Check-In**

From WHAT to HOW



The “Hows” for your “Whats”

- **When**
 - Specific day / time
- **Where**
 - Specific location
- **With what**
 - What do you need to do the thing
- **With whom**
 - Who will you do this with (if anyone)
- **Frequency / Duration**
 - How often & for how long
- **Anything else...**

How to work with your “Hows”

- Complete the chart in your July journal including as many detailed “Hows” for each what you plan to include this month
- Create hard containers in your calendar to be sure you are incorporating your intentional “Whats”
- Note what worked and what didn’t - specifically in relationship to the “Hows”

Next Steps

&

Q&A