



Year
of Intention

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

August
Whole
Group Call

Agenda

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

12:10-12:50 - “The Hows” - A Deep Dive

- >> Adder/Subtractor/Exchanger

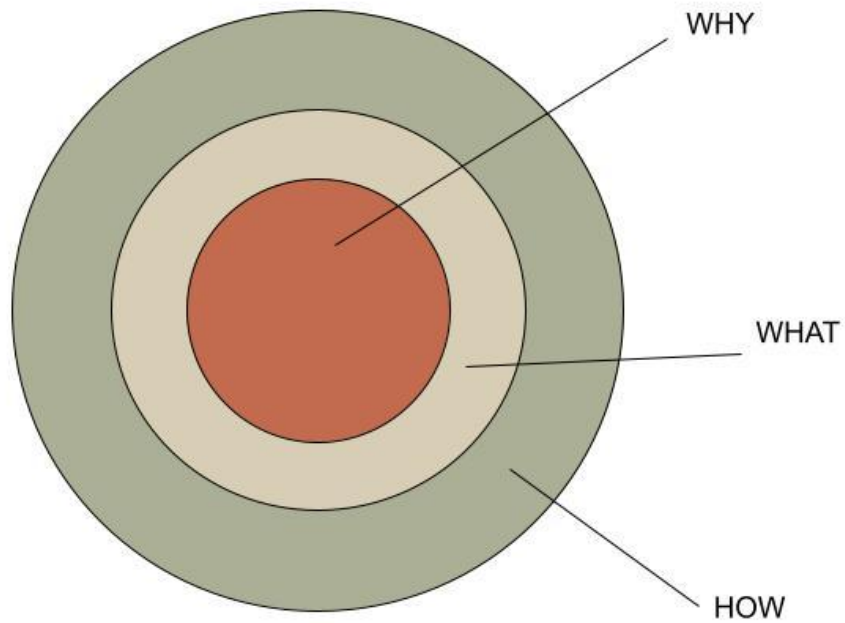
- >> Containers

- >> Substitutions

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

**Welcome
&
Group Check-In**

The “HOWs”



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...**

Add / Subtract / Exchange

When considering your HOWs, remember to ask yourself if you are:

>> an **Adder** (you find it easier to add things into your life)

>> a **Subtractor** (you find it easier to remove things from your life)

>> an **Exchanger** (you find it easier to swap one thing for another)

Let's Talk Containers...

- To start - make the container non-negotiable/ fixed/rigid - put it on your calendar & create buffers
- Notice what you bump up against that causes you to not hold your container (External circumstances? Internal beliefs? Both?)
- Keep the container fixed until you feel the “positive looping” – internally motivated to sustain

Substitutes?

When *needed*...

Life can and will get in the way. But before you begin substituting, practice honesty with yourself.

Then, be sure that the substitute meets the same Human Ecosystem Needs area to whatever extent it can.

Next Steps

&

Q & A