



Year
of Intention

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

September
Whole
Group Call

Agenda

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

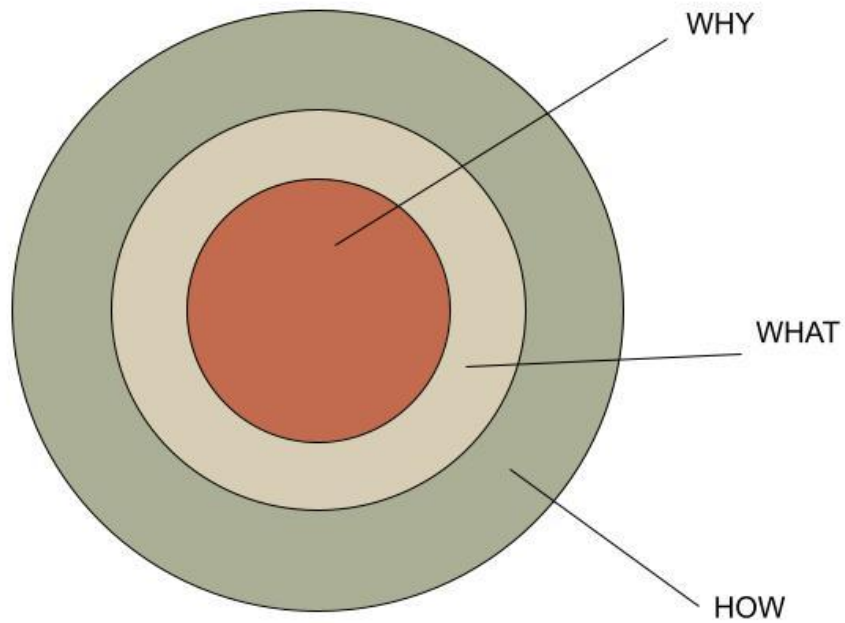
12:10-12:25 - Which Comes First? Process or Outcome Goals

12:25-12:50 - Your “Hows” Become Your Habits

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

**Welcome
&
Group Check-In**

The “HOWs”



Which Comes First?

Process Goals = Your Whats & Hows

Outcome Goals = Your Whys

- You need to have a clear picture of both and their relationship “forward” and “backward”
- Then move in the direction that works best for you

Your “Hows” Become Your Habits

- Living intentionally is living consciously.
- Living consciously means we are making choices from a conscious place not an unconscious one.
- “Habits” by nature can become unconscious.
- Remembering that living intentionally is the choice to be in an ongoing relationship with life; adjusting our choices as needed.

Your “Hows” Become Your Habits

How create or break habits*:

- Make it Obvious / Make it Invisible
- Make it Attractive / Make it Unattractive
- Make it Easy / Make it Difficult
- Make it Satisfying / Make it Unsatisfying

*From *Atomic Habits* by James Clear

Homework

- Pick one area from your Ecosystem on which you want to focus
- Pick a maximum of 3 “Whats,” define your “Hows” for each
- Explore which hacks help you - Try & Information!

What → How → Hack

Why → What → How → Hack

What → How → Hack

Next Steps

&

Q&A