

SEPTEMBER

We are moving directly into the action of intentional living!

As we discussed during last month's call, much of our work together this year has been a form of "motion"—the envisioning, thinking, planning, and scheduling of the parts of an intentional life.

Remember that **motion**, though absolutely necessary, is an expenditure of energy that does not move us toward our goals, while **action** is an expenditure of energy that actually does move us toward our goals.

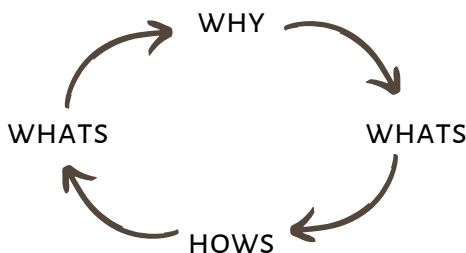
Defining our "why," clarifying our "whats," and determining our specific "hows" has gotten us here. And this month, we are exploring "hacks" to help us ensure we move from motion to action!

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Which Comes First: Process vs. Outcome

Much like the old chicken-and-egg debate, our process goals and our outcome goals are not separate from each other. If you think of your outcome goals as your “why” and your process goals as your “whats” and “hows,” you can more directly see the importance of the relationship between them.

This comes back to our I do _____ so that _____ so that _____ statements. We must first establish our deeper why, understand what choices we need to make, and how to make sure we follow through on those choices with action. But, ultimately, we need to work “backwards” when it comes time to make the choice/take the action.



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Your Hows Become Your Habits

When we decide to live more intentionally, we choose to live from a more conscious place within ourselves. It is our unconscious, habitual way of being and doing that gets in the way of what we want. We have to break through these habitual ways so that we can actually choose what we want to choose.

Interestingly, in our pursuit of a more intentional life, we are attempting to carve out new “habits”: new neural pathways that serve us better. Luckily, neuroplasticity allows us to do just that! The “hows”—or the actions we take—become our new habits.

My goal for you is to realize that this process is never complete. Living intentionally is a choice to be in an ongoing relationship with life as it unfolds—to be able to adjust our choices and actions as needed so that we are continuing to point ourselves toward our deeper “why” regardless of the conditions we face.

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Habit Hacks

Even when we've established clear and direct "hows," our unconscious habits can still get in the way. We are more likely to do and say with what we are familiar with rather than push ourselves in a direction that feels uncertain or uncomfortable.

Luckily, we can use our very human desire for ease and pleasantness to hack ourselves. In his book Atomic Habits, James Clear outlines four simple hacks to either create or break habits.

TO CREATE A NEW HABIT, WE CAN:	TO BREAK AN OLD HABIT, WE CAN:
Make it obvious	Make it invisible
Make it attractive	Make it unattractive
Make it easy	Make it difficult
Make it satisfying	Make it unsatisfying

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HACK

HOW

WHAT

WHY

WHAT

HOW

HACK

WHAT

HOW

HACK

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WHAT are you choosing to prioritize this month?

WHY are you prioritizing those things?

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How will you prioritize these things? (Be as specific and tangible as possible.)

What could get in the way of / act as barriers to your prioritization of those things?

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