



Year
of Intention

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

October
Whole
Group Call

Agenda

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

12:10-12:25 - Process vs Outcome: The Barriers

12:25-12:40 - Peaks & Valleys Review

12:40-12:50 - Attention Matters

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

**Welcome
&
Group Check-In**

Process vs Outcome: The Barriers

Outcome Goal(s):

The larger goal or hope (our WHY)

Process Goals:

The small steps that move us toward the outcome (our WHATS & HOWS)

Process Goals lead us to our Outcome Goal(s):

Cumulative effect of small actions over time (*“The process is the product [outcome] in the making”*)

Process vs Outcome: The Barriers

Barrier that keep us from reaching our Outcome Goal(s):

- There is only one! Can you guess?

Barriers that keep us from reaching our Process Goals:

- Identify specific possible things/situations/thoughts that could keep you from following through with each of your process goals
- Then make a plan that can support your efforts in following through

Peaks & Valleys

Reflecting back on the peaks & valleys of this past year:

- What are some new things that you learned about yourself and your choices?
- What are some new things that you learned:
 - Helped you
 - Hurt you
- How can you take this new understanding to refine or develop new goals - both outcome (macro) & process (micro)

Attention Matters

Without attention:

- priorities don't matter
- values don't matter
- your WHY/WHATs/HOWs don't matter

It is from attention that intentional action comes

December Gathering

In lieu of our Whole Group Call in December, I would like for us to gather in *actual physical community*

Jacqui & Marshall are joining me in putting together a end of year gathering - December 14th - will send a poll for time:

- 11:30am-1pm
- 4:30-6pm

Next Steps

&

Q&A