



*Year
of Intention*

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

**November
Whole
Group Call**

Agenda

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

12:10-12:35 - Year in Review - Core Learnings & Reflection

12:35-12:50 - Endings = Beginnings

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

**Welcome
&
Group Check-In**

Year in Review ~ Core Learnings

- Start with your **WHY**
 - Then define your **WHATs & HOWs**
- Remembering the differences **AND** the interdependent relationship between **Process Goals** (Micro goals) and **Outcome Goals** (Macro goals)
 - The experience of our lives (“outcome”) is the cumulative effect of small choices/actions (“process”) over time

Year in Review ~ Core Learnings

- The **Human Needs Ecosystem** is made up of 7 interdependent components; each needing balancing and recalibration depending on the conditions of our lives
 - Physical
 - Mental
 - Emotional
 - Social
 - Sensory
 - Creative
 - Spiritual

Year in Review ~ Core Learnings

- We have **Peaks & Valleys** in our lives - we cannot control the conditions we face in life but we do have choices in how we tend to ourselves (via the Human Needs Ecosystem) that affect the way we meet those Peaks & Valleys
- We all have a dominant “**tendency**” when it comes to how we relate to expectations; consider the ways that your tendency can help or hinder you when it comes to intentionality
 - a) Upholders want to know what should be done.
 - b) Questioners want justifications.
 - c) Obligers need accountability.
 - d) Rebels want freedom to do something their own way.

Year in Review ~ Core Learnings

- Living intentionally is an ongoing process of “**try & information**” - trying things and increasing self-awareness by being informed by the impact of those things
- **Motion vs Action** – Motion is any expenditure of energy that is not moving us toward our goal; Action is any expenditure of energy that is moving us toward our goal
- **There is no neutral** - we are either moving toward or away from our goal

Year in Review ~ Core Learnings

- Your **HOWs become your habits** - and you can use specific habit “hacks” to help you develop those habits
- The only barrier to your outcome goal is your process goals; the barrier(s) to your process goals can either be internal (not identifying underlying limiting beliefs/thoughts) or external (not identifying the proper micro steps that help to ensure action)

Year in Review ~ Reflection

Write down your answers to the following questions:

- Why did you choose to join A Year of Intention?
- What insights have you gained about the things you've chosen to be more intentional about in your life?
- Are there patterns that you've noticed in your peaks and valleys (or in the ascent/descent) and how can you use that to inform future choices?

Year in Review ~ Reflection

- Currently, what area(s) of your Human Needs Ecosystem that need more attention?

- What are 1-2 areas that you want to recommit your attention / prioritize over in the coming months?
 - Briefly state your WHY for choosing these areas
 - List your WHATs & HOWs for each area
 - Create “I will ___ so that ___ so that ___ “ statements for each

Endings = Beginnings

“Our lives have ebbs and flows. Ends and beginnings are illusions. Starting over is nothing more than recognizing The Pause before picking up your thread and continuing to weave your own story.” {**Molly M. Cantrell-Kraig**}

“You only grow by coming to the end of something and by beginning something else.” {**John Irving**}

“If you look at the ending as the beginning and the beginning as the ending, then there is no ending and there is no beginning!” {**Mehmet Murat Ildan**}

“I must finish what I've started, even if, inevitably, what I finish turns out not to be what I began.” {**Salman Rushdie**}

December Gathering

December 14th 11:30am-1pm

The Yellow House

2601 Semmes Ave, RVA 23235

Program Wrap-Up followed by Lunch

optional: join Jacqui & others as early as 9am for coffee & bagels and to hang out and/or co-work together!

Next Steps

&

Q&A