

# Intentions Map

Intention: What would I like to accomplish/do/ implement?	What does the ideal outcome look like?	Where am I stuck in accomplishing this?	What are my key questions around making this happen?
<p>Describe as best you can what it is you want to accomplish.</p>	<p>Visualize the desired outcome and describe what you would like the outcome to be. Get as specific as you can. If this is not really clear right away, that is ok. As you understand your desired outcome better, you can add more detail and clarity as you go. The more you work on the vision, the clearer the outcome and intention becomes.</p> <p>Don't worry about the how's. You don't need to know how you are going to do it or get it done. The how's will work themselves out. The most important thing is that you have a vision and you take action.</p>	<p>Don't give up, keep going look at it from multiple angles. Be persistent. List areas to explore that are causing issues or may be keeping you from moving forward. List areas where you need more clarity.</p>	<p>List areas where you need more clarity.</p>

What are things I cannot control?	How can others help me?	Strategies to overcome obstacles	How long will it take?	Action steps
<p>List items that have an impact on the ideal outcome yet are beyond your control. Items that can derail or cause your intention to not be completed.</p>	<p>This can be as simple as asking for help from your favorite superhero. Seriously, if you believe in God, Angels, the Universe or other spiritual beings, call on them for help, it is amazing what can happen. Maybe you have friends who can help.</p>	<p>Be smart – don't jump in 100%. Appropriately align your actions with what you know; this way, you are taking the right amount of risk.</p>	<p>Set a date, put it out there and take action. Persistence isn't about knocking on one door until the dang thing opens. It's about knocking on all of the doors. By setting a date, you know you need to keep knocking on doors to hit the goal.</p>	<p>List action steps for each month, week, day. Map it out. Take action toward achieving your intent, even if it is writing about it to gain more clarity. Or, even spending the day acting like you have achieved the outcome already.</p>

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec
When will this be completed?					