

Life's Intentions:

How to find meaning and relevance

Life's Intentions

We are most fulfilled in our lives when we are living in alignment with our values and purpose. When we don't do this, we often feel frustrated and dissatisfied with ourselves, other people, or situations.

What is a Life's Intention?

A **Life's Intention** is an underlying direction, aim, or purpose that brings great meaning to your life. It comes from deep within you, and is the living spirit behind your goals and dreams. It is a desire to make a contribution to others in life, and to be known for that contribution.

Examples:

- To be a loving family member
- To be a generous friend
- To be a contributor to my community
- To be a successful communicator
- To be financially successful
- To be an adventurer
- To be a creator of beauty

Your Life's Intentions give a clear, pure focus to your energy. They move you forward and call upon you to grow and develop. A Life's Intention that is important to you today may not be next year. Some, however, are with us for life. Everyone has Life's Intentions whether they know it or not.

The key to *success*

The key to success is to know clearly what is important to you, and to learn how to demonstrate it in Physical Reality.

The definition of *success*

Doing what you said you would do, consistently, with clarity, focus, ease, and grace!

Where **clarity** is all about seeing clearly what's really important to you in life (see the Life's Intentions Inventory below).

Focus is about focusing your attention upon what's important to you without being distracted.

Ease is about learning to take small sweet steps toward your goal, so that you don't wear yourself out by trying to do too much, too soon!

Grace is about appreciating the blessings that are already there, surrounding you. The gateway to grace is *gratitude*.

Life's Intentions *Inventory*

Look at the intentions that are important to you. Five is “very important” and one is “fairly unimportant.” Note: This is only a snapshot in time, reflecting where you are now and what is currently important to you. As many of the items below include “successful,” we use a particular definition of **success**: *doing what you said you would do, consistently, with clarity, focus, ease, and grace.* For example: Financial success is *doing what you said you would do with money, consistently, with clarity, focus, ease, and grace.*

My Life's Intentions are to be:	1	2	3	4	5
Financially successful					
Physically fit and healthy					
A successful artist, sculptor					
A successful musician, composer					
A successful author, playwright, poet					
A contributor to my community					
A visionary leader					
A loving family member (<i>example: mother, father, partner, spouse, etc</i>)					
A loving/generous friend					
Spiritually developing					
A well-respected professional					
An effective manager					
An effective teacher					
Well-educated					
A creator of beauty					
An effective coach					
An effective change agent					
An effective healer					
Well-traveled					
An effective mentor					
A successful entrepreneur/business owner					
An adventurer					
An effective therapist					
An effective minister					
A successful communicator					