

## *New Year Intention Setting*

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*“You’ve got to know who you are, what you stand for and where you’re going, or you’re just blowin’ in the wind. And... if you’re a leader, it’s not just you blowin’ in the wind, it’s your whole organization blowin’ with you.” –Jen Joyce*

This document is designed to promote deeper New Year reflections.

New Year is a wonderful time to reorient yourself towards your goals and clarify your intentions.

It is important to balance both long and short-term goals. This will help you take into account not only what you are shooting for, but also the perspective that will most support you in reaching your goals.

This kind of exploration is often very challenging the first year you take it on. Over time, you will find that a comprehensive exploration like this one can become a compass that keeps you on the best path to your goals and becoming who you want to be as you move toward them. As you set your intentions never forget: if you win the rat race, you are still just a rat. Don’t go for the rat race; instead, go for what has meaning to you and enjoy the journey as much as the destination.

Best wishes; may this year be your best year yet.

**Step 1 Warm up:** Go out for a walk, take a bath, or just reflect. For inspiration check out these videos on YouTube: <http://www.youtube.com/watch?v=1k08yxu57NA> or [http://www.youtube.com/watch?v=bNF\\_P281Uu4](http://www.youtube.com/watch?v=bNF_P281Uu4)

**Step 2 Consider your long-term goals:** Use the Life Inventory at the end of this document to indicate what your life goal is for each of the life categories. (See example).

**Step 3 Take stock:** Use the Life Inventory to assess where you feel you are at this point in your life for each category and give yourself a satisfaction percentage score.

**Step 4 Define your short-term goals:** Use the Life Inventory to set a goal for the year for each category.

**Step 5 Focus:** Step back and look over your Life Inventory. Focusing on too many goals at your once can be overwhelming. Choose 1-3 goals to zero in on in the near term or until you get real traction on them.

**Step 6 Explore your top goal:** Clarify what’s in your way and the steps you must take. Define a guiding principle or motto that will serve you on your journey to stay in the right frame of mind.

**Tip:** If you get overwhelmed or discouraged give it a rest and come back to it. This work is best done in an iterative way.

Sometimes doing this work can engage your dissatisfaction with the way your life is now. That is not a bad thing. Dissatisfaction can be a powerful motivator. Balance setting “impossible” goals with what seems possible based on your history-meaning never let your past history define your future too much. Many people have expanded into their unrealized potential by going for a “crazy” goal they were deeply passionate about. Dream Big if that’s what moves you. Then again; you might be craving a “smaller life.” If so, don’t be afraid to set a goal that seems tiny or no goal at all for that category. Just make sure your goals have meaning for you.

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Step back and take a look at the Life Inventory you have just completed. If you try to tackle all your goals at once it is like trying to boil the ocean. Instead, choose the top goals you are most serious about focusing on in the near term (or until you've made headway on it). Conduct a deeper exploration of it. What are the challenges that come up you when shoot for this goal? Consider beliefs that don't serve you as challenges. Plan 1-3 key steps that will get you started. Choose a guiding principle or motto that will help you maintain the attitude or frame of mind needed to stay on track.

My top goal for now is:

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Challenges that come up as I go for it are:

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1-3 Key Steps:

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To help me get by those challenges my Guiding Principle will be:

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**Tip:** Try to find a Guiding Principle that is easy to remember or a powerful quote by someone you admire. We recommend the website <http://www.heartquotes.net>. Keep your guiding principle where you will see it. You might want to put it in your day planner or set your computer screen saver to flash these messages. If seen often enough these messages will help reprogram your thinking pattern.

**Lastly, remember this adage:** Vision without action is a daydream; action without vision is a nightmare.

To realize your dreams you must have both a clear vision and the will required to take real steps. If you find yourself stuck after a few weeks or months of trying to move forward on a goal it is wise to seek the support of a friend, a professional coach or a colleague.

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## Life Inventory

	Life goal	Where you are now?	% Sat	Goal for the year
Example (Financial)	Home free and clear; \$8,000/month retirement income	\$70,000 savings, \$4,000 credit card debt	60	\$80,000 savings, cc paid off each month
Financial				
Career				
Family				
Significant Other/Romance				
Friends				
Personal Growth/Spiritual				
Emotional/Mental Health				
Health and Fitness				
Community Service				
Physical Environment				
Fun & Recreation				