



*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.*



New Year Intention Setting

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

This document is designed to promote deeper New Year reflections. It is important to balance both long- and short-term goals. This will help you consider not only what you are aiming for but also the perspective that will most support you in reaching your goals.

This kind of exploration is often very challenging the first time you take it on. With practice, 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 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!

Instructions:

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 <https://www.youtube.com/watch?v=zlfKdbWwruY>

Step 2. Consider your long-term goals. Use the Life Inventory on the next page to indicate what your life goal is for each of the 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 once can be overwhelming. Choose 1-3 goals to zero in on in the near term or until you get real traction.

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.

Tips:

- 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.

Please note: the form below has the Adobe Reader typewriter tool enabled to allow you to type within the document.



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**We commend the conscious choices
and clear intentions from which you
are living your life!**

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	<i>\$80,000 savings, cc paid off each month</i>
Financial				
Career				
Family				
Significant Other/Romance				
Friends				
Personal Growth/Spiritual				
Emotional/Mental Health				
Health and Fitness				
Community Service				
Physical Environment				
Fun & Recreation				

Now 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're making headway). 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.

Example:

Top Goal: Healthy eating habits, lose 10 pounds

Challenges: Indulge in unhealthy foods too much, too busy to cook, mindless eating

Key Steps: Join online support group, meal planning and prep, clean junk food out of the pantry & fridge

Guiding Principles: Nothing tastes as good as healthy feels, Self-care first

My Top Goal for now is:

Challenges that may come up as I go for it are:

1-3 Key Steps include:

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

Tips:

Try to find a guiding principle that is easy to remember or a powerful quote by someone you admire. We recommend the website <http://wisdomquotes.com/inspirational-quotes/>. 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 therapist.



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