ELEVATING PERFORMANCE
WITH GOALS & INTENTIONS

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We all have a super power
GOALS

- Future Focused
- External
- Fixing What is Wrong

GOALS DELIVER

GOALS

- Future Focused
- External
- Fixing What is Wrong

INTENTIONS

- Future Focused
- External
- Fixing What is Wrong

- Present Moment
- Internal
- Authentic Desires
YOU-CENTRIC
Your intention is YOUR call to action—"I am..." "My intention is..." "I now." Meaningful and believable.

FEEL
The activating power comes when you tune in to how you would feel when you meet the goal/live the dream and pull that in. Feel loved. Feel creatively inspired. Feel welcomed. Wake up and give your day a name :)

ABUNDANT
Start from a place of unlimitedness and even be a bit crazy open. See the difference in "I meet my money obligations" for "I am easily experiencing financial abundance." This allows for surprise!

POSITIVE
"I am not overweight" may be bumped for "I love the lightness of my ideal body weight." Avoid "always, never, and should"

ENERGETIC FLOW
I said to my coach "It will be hard but I am going to give up coffee." She challenged that and asked me to consider that it could be done easily, gracefully, peacefully, naturally, joyfully, harmoniously etc.

GOAL & INTENTION ALIGNMENT

WRITE DOWN A GRAND GOAL OR HUGE WISH

HOW WILL YOU FEEL OR EXPERIENCE IF IT WAS SO? WHY? WHAT WOULD YOU DO? WHAT ABOUT THIS MATTERS? WHAT DO YOU REALLY DESIRE? WHAT IS THE CORE ROOT ABOUT?

CREATE AN INTENTION AROUND THAT : )

WORKSHEET
INTENTION KIT

If you want to go fast, go ALONE.
If you want to go far, go TOGETHER.

THANK YOU SO MUCH!!!