

# Your intentions, 2009

To create powerful, sustainable intentions, there are a few ground rules that apply ... or not...

1. Make your intentions realistic for YOU
  - a. It makes no difference what “the other guy” is doing. These are YOUR intentions. This is YOUR life. Leave comparisons in the dust.
2. Dream big, start small
  - a. Your tendency as an ADHD adult will be to get so enthused about your intentions that you will overdo, overcommit, flail and flounder. You don’t need another reason to beat yourself up or create an “F” situation – Failure. Let yourself succeed this time.
3. Keep BALANCE in mind
  - a. You are moving forward in several different arenas at once; that’s deliberate so that you don’t lose yourself in one dream while neglecting another important part of your life. It’s the classic clique of the workaholic who wakes up to realize his or her family can’t remember what he or she looks like any more.
4. Get downright picky and specific
  - a. The more concrete your intentions, the more likely they are to come to fruition
  - b. The more likely your dreams are to come to fruition, the more likely you are to LIKE yourself.
  - c. The more likely you are to like yourself, the more likely you are to open yourself even more to the possibility of giving your gifts to the world! YAY!
5. Give your intentions a time frame
  - a. “It is my intention to take one salsa lesson no later than June 1, 2009 at 9 pm.” That’s the kind of specificity you are looking for
6. Create a Dream Board (or several) to keep the bigger picture in mind
  - a. The more real you make your dreams, the more likely they will be dreams come true.
  - b. Take a lesson from “The Secret” and get out of the way of your own best life ever!

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## 1. Finances/money/spending

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

## 2. Profession/job/daily responsibilities

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

## 3. Primary relationship

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

4. Other relationships (friends, family, et al)

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

5. Personal growth/self expression

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

6. Service/volunteer/community

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

7. Spirituality/connection/deepening your understanding

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

8. Rest and relaxation

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

9. Health and well being

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_