

# Be the Change

## Create an Intentional Year!

**The New Year is here!** And with that typically comes New Year's Resolutions, the thoughts towards making changes in our lives. This is the time of year where we begin to plan for setting intentions for the year ahead. Often they are in regards to something we believe we should quit, like smoking, something we feel we should begin or do more of, such as exercise, or things that we should get rid of or lose, such as weight. Sometimes we go further than proclaiming the intent, and set specific targets for what we want to achieve, items we hope to acquire, places we want to go to, or steps to take towards that ultimate goal.

As a coach, I always aid my clients in setting goals and necessary plans to achieve them. This is all well and good, but there can be SO much more. This year, I invite you to look beyond any external goals you may have. This year, allow yourself to create intentions that can have a significant and lasting change towards a more fulfilling, abundant and happy life. How does that sound to you?

Set your intentions by asking yourself some pertinent questions, and then turning your answers into a statement of intent:

- By this time next year, what type of person would I like myself to be?
- During this coming year, how will I give of my time or talents?
- During this year, how will I challenge myself to grow beyond who I currently am?
- How will I expand my horizons this year?

- What will I do this year to allow myself to grow as a person?
- What will I do this year to feel that I have contributed to others?

*"I'm starting with the Man In The Mirror. I'm asking him to change his ways and no message could have been any clearer. If you wanna make the world a better place take a look at yourself, and then make a change."*  
 (Michael Jackson-The Man in the Mirror)

- What activities do I choose to focus on this year in order to contribute my unique gifts to the world?
- What challenges could I work at overcoming this year to be a model for others?

In working with people over the years, my experience has shown that such intentions are often reflective of ones true inner desires, much more so than external, target setting goals. While targeted goals have great value, they don't have as much long-term sustainability, as do inner intentions about oneself.

When you start to focus on the person you would like to be, what contributions you wish to make in this world, or what challenges to place with yourself in order to grow and evolve positively, life begins to look more expansive and fulfilling. By doing so, these intentions become gifts that you give to yourself and others.

The great Mahatma Ghandi said, "Be the change you want to see in the world." That means that the changes must start with you, on the inside.

So this year, set an intent to **be the change first**, then set the plan for making the changes. Have an intentional 2008!

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