

## DEFINE YOUR INTENT AND PURPOSE

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*Define your Intent and Purpose to ensure that your vision motivates you to take action*

Remember, when you are able to want something, imagine what it's like to have it, and enjoy the feelings that go with that, you are able to enjoy what you have now and are more likely to attract it to you. This activity requires you to visualise yourself at a time in the future when your business and life is exactly as you want it to be and it works best when you follow the steps, including the preparation.

### PREPARATION

- Find somewhere quiet and private to sit, or to lie down and make sure you won't be disturbed
- Close your eyes and take some deep breaths in through your nose and out through your mouth
- Relax and allow your breathing to become rhythmic

When you are completely relaxed

- Allow yourself to become aware of yourself in the future at a time when your business is exactly as you want it to be. If you don't know exactly what that is yet that's ok. Just imagine for now that it is happening and see what comes up
- Allow the feelings that come with having the business you want to come over you. Feel how it feels to have that business - to feel that success
- Hear the sounds that go with having that business and success: perhaps people are congratulating you? Perhaps there is music, or laughter?
- Now, become aware of the things you can see in that picture: it doesn't matter if you can't actually see images, whatever you are aware of, it what it is: Where are you? Who is there? What's happening?

Open your eyes and complete worksheets 1 and 2. There are no ideal answers here. The only right answers are the ones that come to you right now, so just write what comes to mind. You may not even have an answer come to mind for every question and that's okay. The questions are there simply to guide you and in fact, the questions for which you do have an answer arguably represent the areas that are most important to you, or where you have the strongest desire right now.

It is important that you write these down. It's not enough to simply 'think' them.



### WORKSHEET 1

#### YOUR VISION – INTENT ('What' you want)

What kind of work are you doing?

Where are you doing it? This could be your location or your environment (or both)

What kind of clients/customers are you attracting?

What connections or relationships have you created?

What kind of people are you collaborating with?

Who are your team? This includes your coach, mentor, employees and suppliers

What kind of support network do you have?

# The ACT of ATTRACT

## ACTivity 1: Your Vision



What kind of revenue are you generating?

What kind of person are you? What qualities do you have?

How do you interact with the people you work with and for?

What things do people say about you?

Where are you living?

What are you and your family enjoying most about your new lifestyle?

What activities are you doing outside of your business?



### **WORKSHEET 2** YOUR VISION – PURPOSE ('Why' you want it)

On the last page you will find a table of words that translate to values to help you

**What is it about your intent that is so important to you?**

**What does this success mean to you?**

**What benefits does this success bring?**

**How do you feel about your business and the work you are doing?**

**What is it about not having this success now that is uncomfortable?**

**Why is it essential that you achieve this?**

# The ACT of ATTRACT

## ACTivity 1: Your Vision



What does your life look like when you have achieved it?

What will your life look like if you don't?

How will it impact on your family or friends when you achieve it?

Why are the qualities you have so important to you?

Why are the things people say about you so important to you?

# The ACT of ATTRACT

## ACTivity 1: Your Vision



List the words you have used here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

Now, look at the list and put a star next to 5 or 6 that are super-important to you and once you've done that, rank the starred ones in order of importance: 1, 2, 3 etc. This will give you your top 5 values – the ones that really drive you.

You may find that you learn nothing new about yourself, or, you may be really surprised to see what's really important when it comes right down to it. These words may not seem relevant to your business on first glance, but trust me, they are. They determine your purpose and, combined with your intent, they form the basis of an *attractive* vision that will really work for you – one that motivates you to take action!

# The ACT of ATTRACT

## ACTivity 1: Your Vision



### VALUES

Acceptance	Effectiveness	Humility	Quality
Accomplishment	Elegance	Imagination	Relationships
Accountability	Empathy	Kindness	Relaxation
Achievement	Encouragement	Knowledge	Reliability
Adventure	Energy	Laughter	Resourcefulness
Alignment	Enlightenment	Leadership	Respect
Amusement	Entertainment	Learning	Responsibility
Assistance	Environment	Loyalty	Responsiveness
Attractiveness	Equality	Improvement	Risk
Authenticity	Ethics	Independence	Safety
Awareness	Excellence	Influence	Security
Beauty	Experience	Information	Self-awareness
Balance	Explain	Inner peace	Self-worth
Charity	Exquisiteness	Innovation	Service
Collaboration	Facilitation	Inspiration	Simplicity
Community	Fairness	Integrity	Spirituality
Connection	Faith	Intelligence	Stability
Consciousness	Fame	Joy	Stimulation
Consideration	Family	Justice	Strength
Constancy	Feeling good	Order	Success
Contentment	Fitness	Organisation	Superiority
Contribution	Freedom	Originality	Support
Cooperation	Friendship	Peace	Teaching
Courage	Fun	Peacefulness	Tenderness
Create	Generosity	Perception	Tranquillity
Creativity	Grace	Personal Development	Trust
Delight	Gratitude	Pleasure	Truth
Dependability	Guidance	Positive Attitude	Understanding
Dignity	Happiness	Power	Victory
Directness	Harmony	Preparation	Vision
Discovery	Health	Presence	Wealth
Diversity	Honesty	Proficiency	Wholeness
Education	Hope	Recognition	Winning