



MyQuest

By Daniel Labbe

The Basics: Lesson one Intention

Personal transformation begins with intention

Intention is the determination to behave in a specific way or to attain a certain goal, and it is the foundation of Personal transformation. Without intention you are at the mercy of your environment, other people, and the events that befall you; your life is the result of chance and chaos. Not so encouraging, is it? But with the power and focus of a committed intention you can ~~take your life~~ blaze a trail through life on an amazing journey that will take you to the height of your wildest dreams and beyond. With intention, you reclaim the power to direct your life.

An effective intention includes direction, motivation, and resolve.

All change, all growth and development, begins with intention. For an intention to be effective it needs to possess three qualities: ~~power~~ Clear direction, Motivation, and Resolve. Without these your intention is nothing more than wishful thinking.

To create clear direction you have to know what it is you want to achieve or how you would like to behave. The Basics is all about Personal transformation, so it is key that you have an understanding of what you would like to transform. Some people want inner peace, success, sobriety, personal empowerment, happiness, or just to lead more effective lives. Whatever it is you want to ~~change~~ change or to have in your life it is a good idea to write it out in a clear,

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brief Statement of intention. Here are some examples:

I intend to be a more effective Salesperson.

I intend to achieve long-lasting Sobriety,

I intend to be more loving and compassionate.

I intend to fulfill my Potential.

I intend to achieve Self-actualization.

I intend to be Kind, generous, and Understanding.

What is it that you truly want deep down in your heart? In what way would you like to transform your life? If you were daring, what dream would you dare to pursue? What do you hope to achieve by taking this online course? Consider these questions then write down a Statement of intention. Every dream, all success, and anything worthwhile all began with an intention.

The next quality an effective intention needs is motivation.

Motivation
Provides the
energy you
need to carry
out your
intention.

How many times have you created noble intentions only to watch them fade away like a beautiful sunset. Motivation provides you with the energy you need to keep your intention alive. It is all the reasons why you want to achieve your intention, and if these reasons don't motivate you then it's time to take a closer look at your intention.

To create motivation try the following exercise.

Imagine how your life would be if you were to actualize your intention to the fullest extent. What would be different? How would you feel? What would you be able to do? Now list three of the ways your life would be different; think of examples that generate a lot of positive emotion. Do this now.

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Now imagine how your life will be if you don't achieve your intention. Can you imagine living the next five, ten, or even twenty years like this? List the three ~~positive~~ most negative qualities about your life that won't change because you did not achieve your intention. Do this now.

Use the Lists of Three to Pump Your Intention Full of Motivational Energy.

I call these the Lists of Three. Every morning when you wake up repeat your statement of intention to yourself. Then imagine your life after you have achieved your intention. Imagine ~~you~~ having the positive list of three a reality in your life. Allow this to generate as much positive emotion as you can. By conditioning your mind to relate such powerful emotions to your intention you are creating deep motivation.

Do this also for the negative list of three. It has been said that people will work harder to avoid pain than they will to achieve happiness. This has a primal quality to it. Avoiding pain meant staying alive to our ancestors and staying alive ~~was~~ ^{took} priority over happiness.

In the face of failure resolve will keep you committed to your intention.

Finally, an effective intention requires resolve. The best way to create resolve is to make a commitment. I don't just mean to haphazardly decide you would like a change. What I'm talking about is a thorough investigation into why you want to achieve your intention, what that will take, and making a committed decision to give your best in making that happen. A true commitment elevates your intention to the top of your priority list. Without this final step your intention might as well be a birthday wish.

To commit yourself to achieving your intention I suggest writing out a formal Notice of Commitment.

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Let me know if you find this helpful by leaving a comment, or write me at [Daniel Labbe
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Feel free to write your own or to use the example provided here.

A Notice of Commitment is a powerful way to firm up your resolve. Share it with a trusted friend to give it an extra kick!

I, _____ (name), hereby commit my heart, soul, and mind to achieving the following intention: _____ (Statement of Intention), on this day _____ (date), I promise to do all that is within my power to achieve this intention.

Signature
I suggest that you make an event of this, celebrate your commitment by treating yourself to something nice. To strengthen your commitment you can share it with someone you trust. This way there is an element of accountability involved.

For the next 30 days review your Statement of Intention, your Lists of three, and your Notice of Commitment every morning (or whatever time suits you best). This will plant it deep in your consciousness. After 30 days review your intention work weekly or as needed.

This marks the ~~begin~~ start of an amazing journey. Lesson two will be on Self-worth (self-discovery). I hope you will continue the journey of personal transformation. It will prove itself more than worthy of your effort.

He's talking about Intention!

Today's Quote: I ~~was~~ am greatly encouraged by man's ability to elevate himself by a conscious endeavor - Henry David Thoreau.