WOMEN IN BUSINESS RVA

confident, creative & candid.

Intention Setting Guide

Understanding Intentions

Intentions serve as powerful focal points. They are not just goals; they reflect your deeper aspirations and values, guiding your actions and decisions.

Tips for Setting Meaningful Intentions

1. **Clarify Your Desire:**
    - Define specifically what you want to achieve. Clarity breeds focus.
    - **Prompt:** What is the primary outcome I want to create in my business this year?
2. **Use Positive Language:**
    - Frame your intentions positively. Focus on what you want to attract, not what you want to avoid.
    - **Prompt:** How do I want to feel as I pursue my goals?
3. **Connect with Your Values:**
    - Ensure your intentions align with your core values. This connection increases commitment.
    - **Prompt:** Which values do I want to reflect in my business decisions?
4. **Make Them Inspiring:**
    - Choose intentions that excite and motivate you. Passion fuels persistence.
    - **Prompt:** What inspires me about the vision I have for my business?
5. **Be Realistic Yet Ambitious:**
    - Set intentions that challenge you but remain achievable. This balance encourages growth without discouragement.
    - **Prompt:** What steps can I realistically take towards this intention?
6. **Set a Timeline:**

    - Establish a time frame for achieving your intentions. This creates a sense of urgency and accountability.
    - **Prompt:** By when do I want to see progress on this intention?

7. **Visualize Your Success:**
    - Spend time visualizing the achievement of your intentions. Picture the process and the feelings associated with success.
    - **Prompt:** What will my business look and feel like when I accomplish this intention?

Reflection Prompts

- What do I genuinely want to manifest in my business?
- How does this intention align with my long-term vision?
- What potential obstacles might I encounter, and how can I prepare for them?
- Who can I involve to support me in realizing this intention?

Regular Check-In

Set aside time to revisit and reflect on your intentions regularly. Adjust them as needed to stay aligned with your evolving goals and aspirations. Embrace this process as a continual journey rather than a one-time event!