

Spirit Level Success™ System - Six Secrets of Self-Esteem

Secret #1 SELF – Week 5

S.T.A.I.R.™ – Intention

The **I** in **S.T.A.I.R.™** stands for **Intention**. Life is busy. You are busy. Whether it's family, work, friends, hobbies or whatever. You probably have so much to fill your time, that you sometimes get to the end of the day and not know where the time has gone. Or you sometimes feel like you have just lived through a whole day on autopilot, not really being fully present and experiencing each precious moment (remember when you last drove to the shops and couldn't exactly recall any details about the car journey?).

Living life in this way is understandable to a point, but not really acceptable or sustainable. Life is short and very precious.

Why wouldn't you want to live the most fulfilling and meaningful life that is possible? Every day.

Write down the last time you remember setting a goal for what you wanted to achieve on a specific day. What was your goal specifically?

Did you achieve it? If not, what got in the way?

Setting your intention is so much more than simply deciding on a goal, maybe even writing it down, and then hoping it will happen. Setting your intention is a much deeper process, it's like experiencing an emotion that is so intense, it colours everything you see and do. If you've ever fallen in love, you'll know what I mean.

Setting your intention is something that you have to do consciously, mindfully and deliberately. And you must give yourself 5 or 10 minutes at the start of every single day (or at any point where you need to kick-start your day) to

thoughtfully and consciously plan so you can decide exactly what it is you want from your day, and set your compass accordingly.

Write down right now what you want to have achieved at the end of today (be realistic bearing in mind how many hours of the day are left);

Now look at your list above? Would I be right in thinking that most things, if not everything, on your list is based around you 'doing' something? Eg it's an externally visible action that you want to have achieved such as wash the car, clear your emails, write that report, finishing that ironing or whatever.

Now take some time to think about what goals you have for you personally. How would you like to be feeling and experiencing life (just 'being' not 'doing') by the end of today, and complete the following sentences with everything that is internally relevant to you as a human being (irrespective of what is on your external to-do list);

By the end of today, I will be feeling eg calm

By the end of today, I will be feeling eg grounded

By the end of today, I will be feeling

By the end of today, I will be feeling

By the end of today, I will be feeling

By the end of today, I will be feeling

By the end of today, I will be feeling

By the end of today, I will be feeling

By the end of today, I will be feeling

By the end of today, I will be feeling

By the end of today, I will be feeling

Even though you may not feel like this now, by setting your intention from the outset, you are setting yourself up for true success. You are declaring exactly how you want things to be, and by doing so, you are setting a clear direction of travel.

It is really important that you take time during this week to repeat the work covered so far in this Secret.

Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.

This is your time now, and you matter.