



Vision without action
is merely a dream.
Action without vision
just passes the time.
Vision with action can
change the world.

JOEL A. BARKER

Milestone 2		Timeline	
<p>Possible Roadblocks: What types of things could get in your way of reaching this milestone?</p>			
<p>Overcoming Roadblocks: Knowing this now, what can you do to overcome these potential roadblocks?</p>			

Milestone 3		Timeline	
<p>Possible Roadblocks: What types of things could get in your way of reaching this milestone?</p>			
<p>Overcoming Roadblocks: Knowing this now, what can you do to overcome these potential roadblocks?</p>			

PART 4: JUMPING AHEAD

Imagine for a moment that you hit all of your milestones and soared past your goal. Really get into it. Meditate on it. Close your eyes and get present with all your senses in the future moment of having attained it.

Write down three to five things that got you to this moment:

What is the impact of having achieved this goal? Describe what you are feeling and seeing in this future state. Be specific about the implications about having reached this goal. What has changed? What can you do now that you couldn't do before?



Woohoo! This is a great start. Sending high-fives and good vibes for your upcoming year from the whole Holstee crew. We're rooting for you.

This kit is inspired by our readings from Mihaly Csikszentmihalyi, Kelly McGonigal, Peter Drucker, Eckart Tolle and Gautama Buddha. For further reading and curated resources from them and on this topic, check out holstee.com/intention.

—
Let's take a
moment for
intention.

INTRODUCTION

In this guide, you'll explore intention and goal-setting — and the difference between the two. We suggest you find a quiet moment in your day and take your time working through it.

A **GOAL** describes what you want to achieve, while an intention is the deeper purpose behind your actions. While goals are important, they are always focused on the future. When you reflect on your **INTENTION**, it brings you into the present moment.

Examples: A goal might be "run 10 miles per week" while an intention would be to "prioritize wellness."

Setting an intention focuses you on your personal values and encourages you to remember what is important. **Let's get started!**

All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him. - GAUTAMA BUDDHA

PART 1: INTENTION

To set an intention, consider what you would like to be at the root of all your actions for the next 12 months. This could be a personal motto, mantra, or theme. It could be an actionable phrase or just a word you want to center your year around.

Examples: Your intention could be "to live with grace and curiosity" or simply, "clarity."

Not sure where to begin? Think about the previous year—what went well, what was challenging, what was missing, what matters to you moving forward? Spend some time and feel free to jot down a few ideas before you commit to only one.

MY INTENTION FOR THE YEAR AHEAD IS:

Nicely done! Just remember, your intention is meant to be as dynamic as you. It will change as you learn and grow throughout the year. Don't hesitate to return to this guide and work through the exercises again when you feel like you need to refocus.

PART 2: GOALS

Business authors and educators Peter Drucker and George T. Doran suggest goals are most effective when they follow the simple mnemonic acronym: SMART.

SMART Goals

S - Specific. A single well-defined goal.

M - Measurable. Have a way to track your progress.

A - Attainable. A realistic goal within your ability to achieve.

R - Rewarding. This goal is worthwhile to accomplish.

T - Time-based. A clear start and end time.

With this criteria in mind, reflect on a big goal you want to set that could take a year or more to complete. This goal should align with the intention you set on the previous page, but doesn't need to be directly related. Think of your goals as members of a team working to keep you aligned with your intention, not distract you from it.

Here are a few more tips to help you get started:

BE POSITIVE. Health psychologist and TED speaker Kelly McGonical says, "Any sort of avoidance is going to trigger inhibition systems, whereas positive goals are going to trigger approach and reward motivation." So try and word your goal positively, or as something to strive towards rather than avoid. Instead of "spend less time on Facebook" try, "spend time pursuing personal projects this year" or "prioritize spending time with one friend each week."

BRAINSTORM. If you're having trouble, consider starting with one area of your life—career, health, relationships, creative work, friendships, etc.

GO DEEP. Ask tough questions and examine your motives. Have a clear sense of why you set your goal so that when obstacles inevitably come up, there will be no question of whether or not to keep moving forward.

Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. - PABLO PICASSO

MY GOAL IS:

Why is this goal important to you?

And why is THAT important to you?

Hmm, and why is that important to you?

If you couldn't answer those questions about your goal, you may need to go back, reflect on your intention for the year, and try again. Your goal may need to be more specific or more broad. Feel free to work it out until it feels right!

CALL IN REINFORCEMENTS

Who is someone that can and will help hold you accountable for reaching this goal? Get in touch with that person right now. Share your goal and ask that person to keep you accountable.

Bonus: Ask that person if you can return the favor!

GET TO IT!

What is one thing you will do TODAY to take the first step toward your goal?

PART 3: MILESTONES & ROADBLOCKS

Now that you have a solid goal in place, let's identify some milestones for you to hit along the way, and think through some potential roadblocks.

Unexpected stuff is bound to come up and get in the way of reaching your goal, but anticipating those obstacles can help you overcome them. Think about your habits, personal patterns, and general tendencies. What kinds of things might prevent you from achieving this goal?

Use these forms to record those milestones, think through potential roadblocks, and assign some dates to guide your progress.

Milestone 1	Timeline
Possible Roadblocks: What types of things could get in your way of reaching this milestone?	
Overcoming Roadblocks: Knowing this now, what can you do to overcome these potential roadblocks?	