

STATEMENTS OF INTENTION

Intention

A mental state that represents a commitment to carrying out an action in the future. Intention involves mental activities such as planning and forethought. Intention is what your mind is attempting to bring to life in the future. We can use our WILL to guide our responses and decisions.

Statements which describe what you would like to do act as bridge between the present (your ATTENTION) and the future vision of where you would like to be (your INTENTION). The very best performers are those who direct attention to intention. Successful athletes tend to relate to intention statements because they use them naturally as they approach decisions. These athletes love working with intentions because they are like power tools for the subconscious (autopilot) part of your brain. They act as powerful commandments to that part of your brain that makes choices without you even noticing it. In other words, they program your brain with the information it needs to make results happen. They help sway the mind in the direction that we would like to shape our experiences.

When you really intend to do something, and you make a commitment – for instance by saying ‘I will do that thing I want to do,’ - you are suggesting it is as good as done. Talk about stacking the deck! Your subconscious mind – which makes so many decisions without our control, can be encouraged to “decide in certain ways”. Even better, when you make commitments to yourself, and follow through on them, you build confidence for this very process. You are saying to yourself, ‘you can trust me to get this thing done.’ High performers have a high level of self-trust because they make commitments to themselves like this regularly, and act on them.

According to the research and popular theories in sport psychology literature, positivity imbedded into these statements can be beneficial. According to the experts, the key ingredient when attempting to create powerful intention statements is to frame them in the positive, by describing what you do want, not what you don’t want. This traditional claim is based on the fact that the subconscious part of your brain doesn’t really recognize negation ie, ‘don’t hit it in the water” is understood as “water”. Theorists reference the “negation neutral” component of our subconscious. Much of the sport psychology theorists have some version of using positive intention statements or optimistic imagery to help stack the deck in your favour when your brain makes subconscious decisions.

As we will revisit time and again over the weeks, you are wise to make your intention statements as specific and descriptive as possible. Begin your statements of intention with ‘I will...’ This makes it a commitment. You want to train the habit of laying down a clear intention – ideally one that is directed towards your lighthouse in some way – and then also the habit of following through on these commitments. The more you set mini goals and achieve them, the more you become someone who achieves all of the mini goals. With a little strategy put into those intentions, this athlete becomes a powerful being. Aim your ships intention at the lighthouse, and get paddling.

STATEMENT OF INTENTIONS

Examples of Statements of Intention:

"I will explode into tee shots by getting as low as I can in my gathering"

"I will strike every putt with trust and surrender when I practice today"

"I will hold my breath for 3 seconds in my alignment stage for each stroke" -A mental state that represents a commitment to

SCENARIO

STATEMENTS

- I WILL _____
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