

# Guidelines for Creating Your Intentions - Best Life Vision and SMART Goals

by Rebecca McLean

## **Purpose of Goal Setting:**

We create goals as a response to our inner calling. What we really want is to have our heartfelt intentions and passions fulfilled. Our more expansive intentions are the visions of our “best lives”; while our specific and action oriented goals are the road maps we use to get there. Our “intention” is the ultimate inner drive and motivation behind our goals. Our goals are the pathway and strategies for how to get there. Goals are tangible, with measureable outcomes, whereas intention is a force, a power from within.

When designing intentions that are from our hearts and souls, we can craft specific goals and actions that support the fulfillment of our deepest core values. Actions based on goals that are congruent with our most meaningful and deepest intentions are the most likely to be fulfilled because of their alignment with our true nature.

## **Example: My Intention-Best Life Vision is to feel light and energized, enjoying a healthy lifestyle for myself and my family.**

One specific, smaller goal you might create to fulfill your “best life intention” is to exercise with your kids for one hour, three times a week. Exercising in itself may sound challenging, but if it’s anchored to your inspiring intention, you will be more motivated as it supports the fulfillment of what you love and your “best life” dream.

## **What’s a Goal?**

A Goal is any collection of actions that together lead to an outcome. It may be a bigger goal like “Find a new job”... Or it may be smaller, short-term goal such as “create an excellent resume.” Some people associate goals with stress and great effort -- something difficult to attain. Tapping the energy of one’s intent, purpose or passion can free up the negative connotations often associated with goal setting, making goal attainment more natural, more natural and easier to achieve.

## **Begin To Draft Your Intention And Goals:**

Don’t worry if you don’t get everything down or “get it right”, as there will be plenty more opportunities to add more, change, or refine your goals later. There is no right or wrong, because creating goals is an ongoing and evolving work in process.

## **Need Help Deciding On Your Intentions Or Goals?**

One way of setting goals is to identify the areas of your life that dissatisfy you. Once you’ve uncovered what you are dissatisfied with, you can create positive goals for *creating what you do want* or what feels right for your authentic self. Not all goals have to be related to problems of course. However this can be a powerful starting point for clarifying the changes you want to make.

## **Design Your Intention Or “Best Life” Vision For Yourself**

Imagine your ‘best life’ the way you would love your life to be -- a life where you are healthy, happy and fulfilled. What would your “best life” look like? **What are the things that you would like to create, have, experience, do, or be? Now describe your intention and your best life vision with imagining what the final outcome would be.**

## **Circle of Life Golden Rule for Intention Setting: INTENTION, ATTENTION, NO TENSION.**

Attachment and Tension causes “counter- intending”! Tension blocks everything that wants to flow to you and through you! **Also, most important -- be sure to allow yourself to enjoy the journey since we spend our most of our lives on the journey!**

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## Difference Between Intention and Goals:

In this example from a Circle of Life Coaching Cancer Support group, 2 of the 12 women, Sarah and Mira, shared similar "Intentions-Best Life Visions":

*To prioritize my self-care, and live a healthy, joy-filled, long and abundant life while fulfilling my life purpose and experiencing loving, positive relationships.*

Their goals (i.e. the road map and the means for getting there), however, are different:

- **Sarah's SMART Goal:** Learn and implement 2 ways to begin healing my stressful relationships (with my mother and husband) and spend 4 hours a week with loving, supportive people, for the next month, starting this week.
- **Mira's SMART Goal** (using the same Intention): Begin to implement and sustain an individualized healing and detoxifying nutritional program, starting this week for the next 3 months.

As you can see, Sara's and Mira's motivations, or desires, are the same, but they each found the specific and unique goals that would be most supportive to fulfilling the same intentions.

## Some Guidelines for Goals:

**Create a "Working" Goal: (1-3 months)** What is one thing that you would really like to achieve within the next couple months? Think of a goal that brings you closer toward your Intention or "BEST LIFE"-- make it inspiring, specific and measurable.

**SMART GOALS are: Specific, Measureable, Action-Oriented, Realistic, with a Time Frame.**

**Be Specific** about what you want. What exactly do you want and when do you want to achieve it or experience the results? The clearer you are with your vision the more likely you are to achieve your goals. Try to give specific numbers or results if possible.

The question you want to ask yourself is: "**how will I know when my goal is accomplished?**"  
***I will know that I have accomplished my goal when \_\_\_\_\_.***

## Examples:

**A general goal:** Get healthy and lose weight and exercise.

**A SMART goal:** Exercise that for one hour, 3x a week, and starting by March 1<sup>st</sup>.

**A general goal:** Get a better job that I enjoy and that supports me financially.

**A SMART goal:** For 4 hours a week, I focus and clarify what I am passionate about, how much income I need, and begin to look for jobs where I can best express my passion, life purpose and skills, and where my financial needs are met. (1 month goal)

**Why do you want to achieve this goal?** What's your motivation, intention or purpose for having this goal? Think about the benefit you'll receive and connect with *feeling* of why you want to achieve this goal.

**What's an Action Step:** An action is a specific step that you can take to help you achieve and complete your goals. Your bigger goal is broken down into a smaller, doable action steps. Actions are also the tasks and 'to do items' that make up your daily routine.

- **Brainstorm 5-20 possible Action Steps**
- **Next, schedule 1-5 realistic Action Steps for the week and set up Accountability**