

— video transcript —

What if, at the start of this new year, you opted out of making resolutions and instead chose to tune into and dial up your intentionality?

Let's look at these two words.

Intentionality: the quality of thoughts, beliefs, desires, and hopes directed toward an object or state of affairs; an attitude of having purpose

Resolution: a firm decision or formal expression to do or not to do something.

What a contrast! You can see why I invite you to go for intentionality's lightness, brightness, and hope in action. It's in contrast to a resolution that's more firm and formal. In intentionality, there's more energy, there's more space for creativity, and it works as an antidote to resolutions that often lead to burnout in the abandonment of goals.

Does this sound good? Are you in? Okay, then here's one solid tip to help you put intentionality into action in your life. You can do this at the start of a new year, the start of a new day, or truly any time you want to reconnect or find your spark and go for something new.

It's simply to write. Yes—to write!

Write out your intentions. Write out the direction you need to go. Write about the emotions you want to feel along the way, the actions you need to take. Write out expressions of gratitude for synchronicities that happened in the past and in anticipation of synchronicities to come.

Writing by hand literally and figuratively puts you in visceral connection to what you're writing about. It enhances memory and recall. It helps to put action behind the words when you physically write by hand. Very powerful.

Then, when you're writing, word choice matters. If you need a reminder of this, just look to the topic we're dealing with today, that nuance between intentionality and resolution. Choose words that uplift and are very clear so that you can latch onto them and take action on them more easily.

And, then, reread what you write. Revisit your content in whatever form you choose to keep it, because that's great resource material and documentation to catch yourself if you're in a loop.

Your beautiful human brain likes patterns. It likes to work on automation. It does this as a biological imperative to help you run efficiently and be safe. However, sometimes those loops limit us. So, by reading what you've written previously, you can wake up to those loops and activate your executive function brain to override those and start making positive changes.

Intentionality over resolution... The word is out. This is your chance to really dive into something that sparks you, brings brightness and lightness to your life, both personally and professionally.

Do the write thing!

Thanks for being here.