

## Set a Focus Word of Intention



### A RESEARCH SUMMARY

#### **The Power of Intent** (Nayar, 2013)

<https://bit.ly/HBRpoi>

- Intent is capable of profoundly affecting all aspects of our lives
- The Intention Experiment (McTaggart, 2013) explores how intention affects physical reality
- If intent isn't aligned with communication, people won't believe in or act on plans
- Clarity of intent sheds light on the path ahead, even if it isn't clearly visible

#### **The Importance of Intention** (Bonner, Ph.D, 2021)

<https://bit.ly/DRLtioi>

- Power comes from making a decision and then beginning to vitalize it with your energy
- After a decision, create an intention: a simple, present tense statement of your desire
- Then let go of the outcome (stop worrying about success or failure)
- Continue with purpose. There are no failures - the choice becomes the triumph
- When we worry about the outcome, we put mental and emotional effort into something that hasn't happened

#### **Word of the Year Ideas** (The Goal Chaser, 2019)

<https://bit.ly/TGCwotyj>

Intention provides an anchor. It encourages you to consciously and subconsciously use your focus word when making decisions.

- How to select a word as your intention
- 300+ word ideas! A taste: acceptance, appreciate, balance, compassion, direction, focus, grace, harmony, humility, integrity, listen, mercy, nurture, peace, reflect, steadfast, truth.

#### **How to make your 'Word of the Year' Really Stick!** (The Goal Chaser, 2021)

<https://bit.ly/TGCwotyj>

- Define your word of intention and what it means personally
- Document ways your intention word is influencing your life
- Make a vision board – create a visual display with text and images related to your word
- Wear your word (bracelet, key chain)
- Compile a themed reading or watch list with your word
- Put reminders in your high traffic areas (fridge, mirror, car, computer)

*First it is an intention, then a behavior, then a habit, then a practice, then a second nature,  
then it is simply who you are.*

**Brendon Burchard, author**

*Intentional living is the art of making our own choices before others' choices make us.*

**Richie Norton, author, entrepreneur**