

INTENTIONS LIVE NOTES October 1, 2021

WELCOME

JOURNEY TO GET HERE AND ABOUT ME

I've been providing personal coaching for women and alcohol for nearly a decade. One of the most significant needs I could identify is the opportunity for the amazing women I work with to practice everything they uncovered, recovered, and discovered through the assessment process.

WHY INTENTION VS GOAL

The intention is not as rigid as a goal. Intention allows for adjustment, flexibility, and grace. You can't get an intention wrong because it's ever-evolving.

When I stopped drinking almost nineteen years ago, not drinking wasn't a huge motivator. I was still stuck with prince harming in a horrible situation and could not fathom how that would ever change.

But something in me realized drinking and avoiding the ugliness would only get me more of what I had, and honestly, I wasn't sure of how much more I could take.

So I started focusing on what I call now my desired intended self, who I wanted to become.

I didn't have the language or the clarity around it as I do now, and my situation didn't immediately get better, but I did, as an intentional woman.

SETTING YOUR INTENTION FOR OCTOBER

Please, please, please do not set your intention around drinking or not drinking. That will keep your focus on drinking, and from a neuroscience perspective, it creates a lot of resistance, takes a lot of energy, and eventually, you run out of willpower and give in.

Instead, I want you to think about what you would gain, get, experience if you didn't drink as much.

Peace, better sleep, a clear mind, etc....

Let's choose peace. Gain greater peace for October. What would having more peace give you? Better sleep, less agitation, better communication, be more responsive than reactive, smile more, laugh more easily, mmmm doesn't that feel good.

You're building a case.

So what are some things you can do that will promote peace

Examples: meditate, walk, set a schedule for limiting potential antagonists, eat well, burn incense, use essential oils, burn a candle, listen to soothing music, take a break specifically to pet your cat/dog, stand outside and take a deep breath and raise your arms overhead while giving thanks

Pick one thing you'll do to promote peace every day this month.

If after a week you are feeling really good about the daily practice, add another small practice. But keep it small and simple.

On the third Friday, October 15th, you'll have an opportunity to report, reflect, refine, and release.

PRACTICE PRACTICE PRACTICE

What is your intention? Think small but meaningful. Meaning it matters to you and moving you toward how you want to feel, who you want to be, how you want to live.

How does this intention support moving you forward?

Make a list of small, simple thoughts or actions that support your October intention so you can add-on when you feel inspired.