



Jacqueline Wales

Be Fearless...See Where it Gets You!

FEARLESS RESOLUTIONS – INTENTIONS!

MAKE 2022 YOUR BEST YEAR YET!



Many people start the new year with resolutions. To lose weight, to exercise more, to make more money, to find a new job etc.. But these resolutions are set on an end point and are made in the spirit of 'hope to'...and frequently fall far short of your goals.

Intentions are based on ideas and the actions we need to take! It is a journey, not an end point.

It frequently has to do with relationships, career goals, self-improvement, increase revenue, or some other personal goals.

There are five essentials to setting and keeping your intentions clear.

The first is to make the commitment. If you want to lose weight in the new year you need to have a commitment to do what it takes to make that happen.

Next is focus. You must be able to focus on what you need to make that happen. What resources do you have right now that are working in your favor, and what resources do you need to keep you on track.

Then you must have the discipline to take the actions necessary and stay committed and focused on the results you want.

Follow-through is critical. It's one thing to say you are committed, focused and disciplined, but if you don't have the follow-through to keep moving forward then it will fail.

One of the main ingredients for making sure your intentions stay strong is consistency. This means building good habits. Be willing to show up even when you don't feel like it.

When you know what you wish to achieve, and know you have the focus, discipline, follow-through, and consistency to make it work, you have a much greater chance at success.

But there is one more step you must embrace. Perseverance. You will have days when you missed the mark, and you may come down hard on yourself for the failure, but anything worth achieving always comes with a certain level of grit. Get it done. Fail and fail again but always keeping your eye on the future you wish to create.

One more thing... You must have some self-compassion to understand that when it doesn't always go the way you want you can be kind and allow yourself to feel the disappointment, but stop yourself from being a harsh judge that criticizes you for your failures.

Self-compassion is one of the greatest gifts we can give ourselves. Self-love is a goal. Learning how to do that, even when we feel we could do better, will always give you the impetus you need to keep moving forward.

As you think about what you wish to accomplish in 2022 be ambitious, but realistic about what you can accomplish with the time and resources you have available. You can wish for the stars, but the moon may be more accessible!

Wishing you all the very best in the Year Ahead!

Jacqueline



Section One

What are your INTENTIONS for 2022? Be specific. I suggest you stick to three as the more you have the more your focus will be diffused. Put them in order of priority.

- 1.
- 2.
- 3.

Section Two

In this section clarify what resources you need to fulfill these intentions.

Intention #1 (name)

What Resources Do I Have To Fulfill This?

What Do I Need That I Don't Currently Have?

Intention #2 (name)

What Resources Do I Have To Fulfill This?

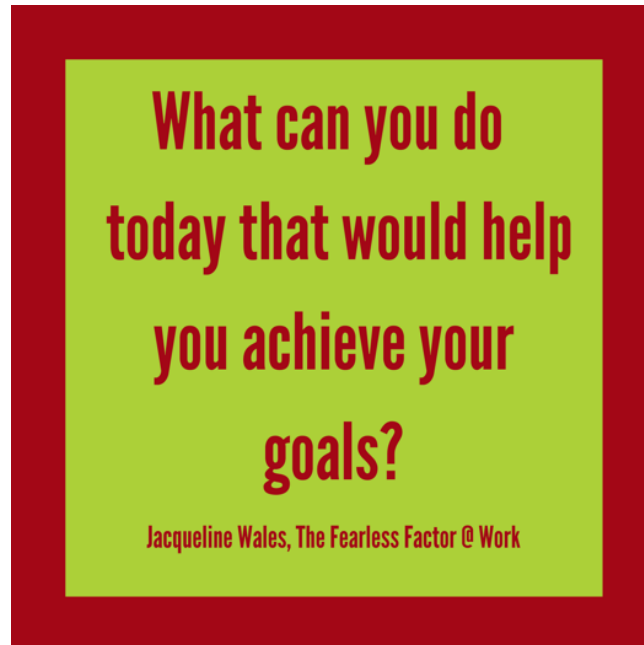
What Do I Need That I Don't Currently Have?

Intention #3 (name)

What Resources Do I Have To Fulfill This?

What Do I Need That I Don't Currently Have?

Decide which **one** of these intentions is the most important for you right now. **Why Does This Matter?**



Section 2

Write down what actions you need to take to fulfill this intention for the year to come. Be specific.

Action #1

Action #2

Action #3

Action #4

Now, decide which of these actions will take you the furthest toward your goal and number them in priority. Put a date beside the actions to set the intention to complete.

Priority #1

Priority #2

Priority #3

Priority #4

Do the same for each of your intentions. By focusing on only one thing at a time, you are giving clear signals that you are committed to the outcome of this intention.



Section 3

Beyond your intentions for your business, or personal life, there are other dimensions you need to consider. Write down what you would like for each of the following areas.

- My Emotional Life
- My Family Life
- My Spirituality
- My Stress-Management
- My Creativity
- My Health and Wellness



BIG PICTURE

If you put all this together, what does **YOUR** Big Picture look like? What will your life look like when you fulfill your intention, and take the right kind of actions to get you there? **Be specific.**

FINALLY....by making a commitment to yourself to pursue this intention diligently you are stating your intent with conviction.

COMMITMENT

By setting these intentions in writing, I am declaring that this is what I want, and I'm prepared to take action to reach fulfillment of this intention. I will honor the commitment I am making here today, and ask my community, the world and the universe to support me in obtaining this.

Signed

Dated

Accountability: If you are comfortable with this, share it with your coach, or with someone you would like to hold you accountable for the results you say you want.

If you would like to explore more of Jacqueline's work please visit [her website](#) or contact her for more information at jacqueline@jacquelinewales.com

