
A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



This month's technique

Setting Your Intentions

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Stephen R. Covey is credited with saying, *"Begin with the end in mind."* This philosophy is especially valid in coaching interactions. Coaching is a dialog between the coach and client, therefore we must consider the intentions of both parties.

To create powerful coaching interactions, state intentions at the beginning of each session to ensure both parties have their needs met. The coach begins the session by asking two questions, *"What would you like to accomplish today? To be more specific, what would you like to feel, experience or explore in our time together?"* These simple questions set the stage, communicate support, distribute responsibility and cause focused conversation. Because this is a dialog, the coach must share his/her intentions from the point of view of serving the client.

Intentions Do Not Equal "To Do" Lists

Intentions are not task lists. Reserve intentions for large, broad experiences such as the feeling of joy, happiness or confidence. An intention of experience might sound like self-satisfaction, accomplishment or contentment. An exploratory intention may reflect a desire to gain new knowledge or information.

Example of a coach's intention: *"I intend to create an environment of support and joy, while assisting you in discovering answers you are looking for."*

The Power of Setting Daily Intentions

Each morning you can set yourself up for success before your feet hit the ground. Take ten minutes to describe your desired day. Start by completing a daily intention worksheet. Use the following questions or make up your own:

#1: What would I like to feel, experience or gain from today? *Answer:* I desire to feel love and appreciation for myself.

#2: What stands in the way of me creating what I want to experience? *Answer:* My negative self-talk and pre-occupation with other tasks.

#3: What resistance might I encounter along the way? *Answer:* Coworkers who like to complain and use put-downs, insults or negative comments when interacting with me.

#4: What am I willing to give up, compromise or surrender to have my intention be true for me? *Answer:* I am willing to give up the relationships that do not support self-love.

#5: What am I willing to commit to doing? *Answer:* I commit to acknowledging myself for my lovability and worthiness. I also commit to helping others feel loved by offering them acknowledgment.

Proof in the Pudding

At the end of the day, take time to reflect in writing on your day's experience. Think back over your activities and review your intentions to identify situations that match your list. When did you feel love? When did you have the experience you were looking for? How did you manage the resistance factor? Make a note of each instance where you were successful at creating your intention. Practice develops awareness and with awareness, you can create the life you truly desire.



**San Antonio Professional
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