

THE INTENTIONAL LIFE™ PROGRAM OUTLINE

KNOW IT

Foundational Principles

- ▮ What is Necessary to Change a Person. . .
- ▮ Definition of Intention
- ▮ 9-Keys
- ▮ Intentional vs. Reaction
- ▮ Cycle of Mastery
- ▮ Comfort Zone
- ▮ Intentional Decision-Making
 - What, Why, How?

Constancy to Purpose

- ▮ Purpose-Decisive Life™
 - "With and On Purpose"
- ▮ Purpose-Empowered Life™
 - Life's Purpose Discovery

Core Values

- ▮ Definition: Values/Core Values
- ▮ Values Finding
- ▮ Values Investigation
- ▮ Value Testing

Clear Vision

- ▮ What a Vision Is and Is Not
- ▮ Clarifying a Vision
- ▮ Establishing Vision for 8 Areas

PLAN IT

Well-Defined Plan

- ▮ Why Plan?
- ▮ Planning Process
 - Clearly Define
 - Analyze Gap
 - Establish Milestones
 - Back Plan

Well-Organized Structure

- ▮ Clean Sweep Exercise
- ▮ Structure; Process; Systems Thinking
- ▮ Time Management?
- ▮ 4 Quadrants
- ▮ 5 Management Principles
- ▮ Productive, Non-Productive and Wasted Time
- ▮ 4 Key Factors of Time Management
- ▮ Priorities, Activities and Choices
- ▮ Time Wasters
- ▮ Organizing Best Practices and Tools

Right People, Right Place

- ▣ Who Should and Shouldn't
- ▣ Goal, Resource and People
- ▣ Mastermind Group
- ▣ Networking Is a Life Skill
- ▣ MRA Personality Profiles

BE IT

Leadership

- ▣ Internal And External Leadership
- ▣ Inspiration
 - Motivation And Inspiration
 - How to Inspire Self and Others
- ▣ Communications
 - Types and Uses
 - Mixed Messages
 - 3600 Feedback Loop
 - 6 Communication Needs
 - 5 Listening Levels
- ▣ Human Relations
 - Why and How
 - Golden Rule vs. Platinum Rule
 - Principles from How to Win Friends and Influence People

Emotional Intelligence

- ▣ Definition: The Ability to Intentionally Make Your Emotions Work for You
- ▣ Business Cases for EI
- ▣ Think-Feel-Act Model
- ▣ Emotional Competence Framework
- ▣ 360⁰ Feedback Survey

Courage & Fortitude

- ▣ No Fear—No Courage
- ▣ Two Aspects & Purpose of Fear
- ▣ Handling Stress and Worry
- ▣ Areas of Life Review and Planning
- ▣ Positive Self Talk

This program outlines a system for success—a change in thinking and action. A system is a group of interacting, interrelated, and interdependent elements forming a complex whole—an organized set of interrelated ideas or principles. What this means is that each of the Nine Key Principles for Intentional Living™ covered in this training is interrelated and interdependent on each other. Together they form the whole. You probably have heard of or studied one or more of these concepts or principles at one time or another. Separately each principle or process is good and important. Each may even help answer questions or solve problems for you along the way. But, taken separately, they don't lead to intentional and ultimate success. Each is an important piece to a jigsaw puzzle. Separately they are nice and necessary, but incomplete. Together they produce the beautiful picture on the box, the ultimate goal, the finished product—your Intentional Life.