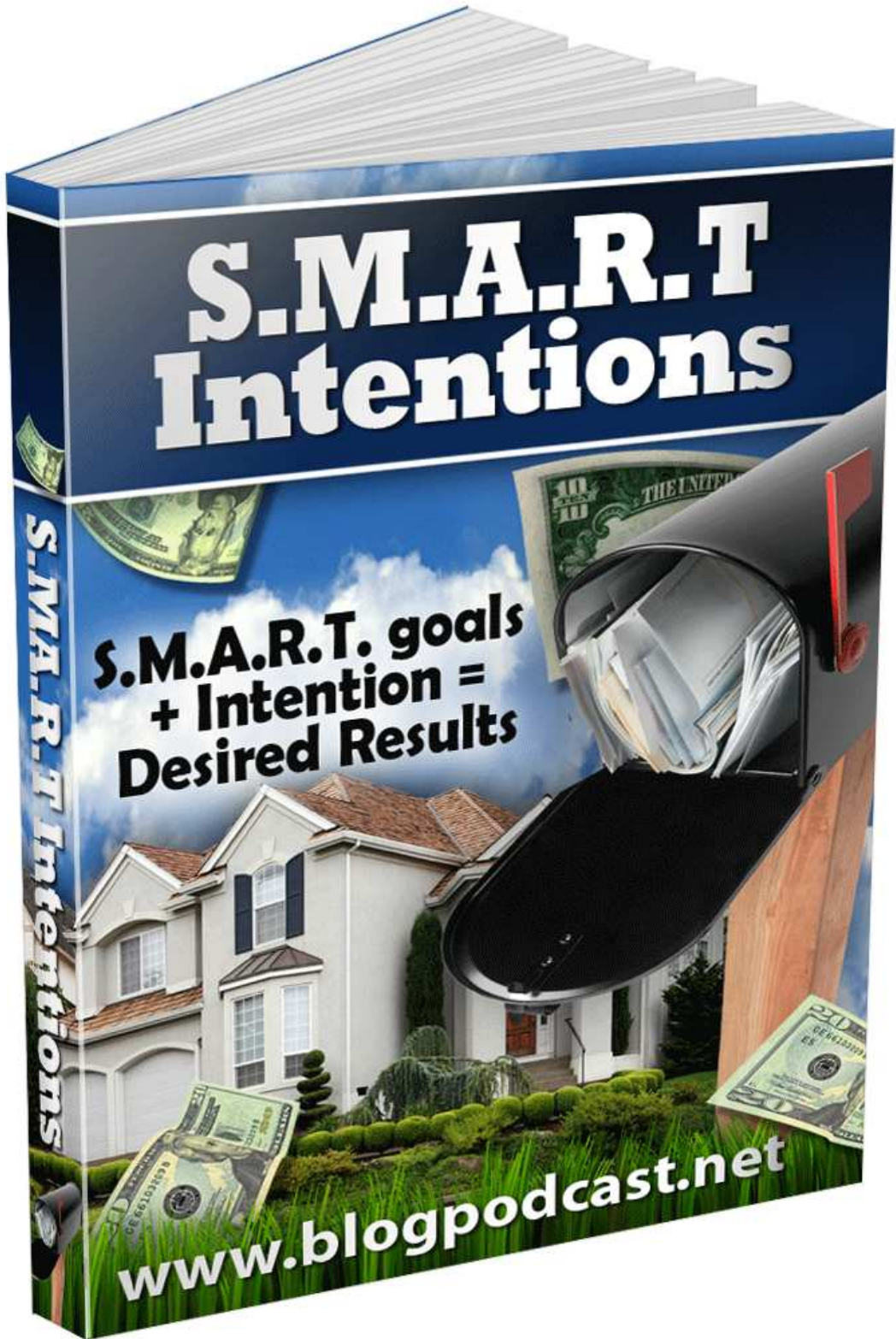


# S.M.A.R.T Intentions

S.M.A.R.T Intentions

S.M.A.R.T. goals  
+ Intention =  
Desired Results

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## **Introduction**

I have been blessed with the ability to see “both sides of the fence” and have been accused of not having an opinion because I don’t see black or white but all the grey in the middle that is a mixture of the two.

My life has been based on having my foot in two camps.

### **The first camp focused on**

*“it’s time to set goals and milestones then work towards them until they are achieved”*

### **and the second camp believed**

*“let’s all chant, hug some trees, remember we are pure energy and wait for everything to come to us without lifting a finger”*

The first camp set goals and did a lot of “doing” to achieve them, worked hard and made things happen before ending up exhausted and so unable to enjoy what they have achieved they moved swiftly on to the next big goal.

The second camp relied solely on their belief that all they needed to do was to wait for a higher force to bring them what they want without ever doing anything.

In the 14 or more years since starting my personal development journey my life has been an experience of those two sides before in 2008 I realized that when I put the two together they become a powerful force.

My mission in life now is to spread that message because I have been blessed with the ability to do that. I believe that prayer, faith and a belief in God can be used by those who have no connection to religion (I am not religious) and I believe goal setting and the power of intention when placed together can finally help you achieve the desires you have been working towards.

I know this not just intellectually from my years of training in the personal development field but also from bitter experience of making money, losing money, being in debt and experiencing attracting money.

It happens when I set goals and rely on a Higher Power to support me in their attainment. For my life one without the other spells disaster and my hope is by sharing what I know you too can enjoy results rather than frustration.

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## Goal Setting DOES Work

I listened to a podcast because it was entitled “Goal setting doesn’t work” where the business coaches talked about goal setting and the fact that it doesn’t work. They made weak arguments like “I set a goal and didn’t achieve it!”

Well in the spirit of taking responsibility I have to say that a statement like that has more to say about the person than the system or tool. Goal setting works if you use it effectively and if you PERSIST until your goal is achieved or you recognize that the goal is no longer valid.

To be fair these coaches were focusing on intention instead and I love the power of intention but you really don’t have to use one or the other. In fact together they are powerful allies. Goal setting without setting your intention weakens the process. When you set a goal, setting your intention to make it happen increases your chances of success.

The way I look at this (and feel about it too) is that SMART is my left-brain logical thinking. It is what I want to do and how I want to do it. Intention setting comes from something deeper within me. It’s more relying on God (universe, Creator etc) to support me in achieving my goal. It is the universal energy of putting my thoughts and intentions out and standing in faith that what I put out will return to me. I use prayer as a way to express those intentions.

The old S.M.A.R.T. chestnut is a great way to set goals and if it hasn’t worked for you in the past then spend time figuring out why. I am not saying that systems are perfect either but there are some systems that when followed are proven to work. Wallace D Wattles says that in “The Science of Getting Rich” – there is an exact science to getting rich and as long as you follow the formula he says, you will become rich.

So follow the formula of **SMART goals**. Add your own touch to it if you want and adjust it so it works for you after spending some time making it work first 😊

Before we move on to the SMART acronym I want to spend a little time focusing on the power of intention.

## The Power Of Intention

Intention has been described as

- *An anticipated outcome that is intended or that guides your planned actions;*
- *A course of action that a person intends to follow*
- *The focus of the mind, the sense of purpose that leads to action.*
- *To will a thing and to focus upon that will which is more than mere whim or simple desire, is intention.*

When you use intention you are the driving force that decides whether you achieve your goal but you don't rely on you alone. Instead you tap into a Higher Power that many like to call Source, Divine, and that I prefer to call God or The Creator. When you tap into this universal power you are able to use it to visualize what you desire, to rely on your intuition or gut feeling to make decisions and to allow this Higher Power to guide you towards the completion of your goal. There is a moment when we decide we want to make something happen. At that moment we are the "cause" for whether it happens or not. Let me explain.

Today I decided to get up and wear my yellow dress. At the very moment I decided "I am going to wear my yellow dress" I became the cause for whether that happened or not. I could have gone to my wardrobe, got out my yellow dress and put it on thereby achieving my intention. Or I could get up and say "what if it's cold, my yellow dress has short sleeves. Maybe I should wear something else" and I become the cause for something else to be worn.

This is important to understand when it comes to how our intentions work because we change our mind so often it can be difficult to allow any of our desires to come to us.

When I set my intention I rely on the power and force of the universe and God to guide me towards what I need to do next and also to bring my intention towards me.

Intention for me is not about driving myself to "do" more but about relying on my inner wisdom and the power of unseen forces that will help me in manifesting what it is I desire. It is about "being"

If you don't believe in a Higher Power or God then you may want to focus on the S.M.A.R.T. aspects of this discussion! If you are open to seeing whether this force can help you then all

you need to do is speak what you desire out loud and believe that if you set goals and work towards it you will achieve it.

When you use the natural power of intention that is within us all there is never any need to “do” as much but doors open, things happen and life moves smoothly. That doesn’t mean that problems won’t arise but how you deal with them and how they are overcome is far easier when you allow a greater force to take over.

***The difference between believers and atheists is not that believers suffer any less – they don’t – it’s that they suffer with hope. – Anthony Destefano***

To use intention you must have a certain level of faith or expectancy. You can’t ask for something and then doubt it will turn up because your thoughts will be the guiding force to what you receive. If you doubt what you asked for will turn up then you will guarantee that result!

The great thing about faith is you get to have complete belief that your goal will be accomplished and there is something very freeing in feeling that way about anything. Like a child who asks for a bike and knows that her parents WILL give her what she desires simply because she asked. She may not get the bike immediately and it may not arrive **when she THOUGHT it would** but she holds on to the **expectation and certainty that it WILL arrive**. Our intentions hold the same power when we are willing to work with them.

Having complete faith in an unseen force can be a little daunting for some and completely unbelievable for others but whether you believe in it or not, it doesn’t mean it doesn’t exist.

**If faith is a radical reliance on God, it is undaunted by circumstances, unaltered by the odds. – OS Guinness**

Now let’s start with doing some S.M.A.R.T. goal setting.

**S.M.A.R.T. (in case you don't know) is the acronym for**

- Specific
- Measurable
- Attainable
- Realistic
- Timebound

This special report is going to take you through each SMART step and include instructions on how you can also use the power of intention to support you.

### **Specific**

This is about deciding when you want things to happen. If you know you want to earn \$50 in 6 months you will know how to plan for that. If you know that in 3 months you want to be 24 pound lighter then you can work towards making that happen to. You need to ask yourself questions like

- What do I want to achieve?
- When do I want to see my results by?
- How will I make this happen?

Here's a not so great example:

*"I am going to lose a ton of weight"*

Great example

*"In 12 months I will lose 60 lbs from my current weight by exercising/following a healthy eating plan and losing 5 lbs a month "*

Can you see that you have answered the questions what you want to achieve, when you want to see your results by and how you will make it happen.

You must decide based on where you are, what you can achieve and what motivates you when setting your goal. This is where the importance of the next part comes in.

## Measurable

You can't manage what you don't measure!

If you have no idea how many subscribers you have reading your blog right now how will you know that you hit your goal of adding an extra 300 in two months?

If you know you have 100 readers and by the end of a two month period you want to increase that to 300 readers you can now measure whether you achieve that or not.

If it is June 2010 the goal "By June 2011 I will lose 50 lbs in weight" is measurable. You can check that each month to see how close you are to attaining your goal and adjust your level of work accordingly.

Here are some not so great measurable results

*"I want more people reading my blog"*

*"I will lose weight"*

Hopefully from what I have written so far you already know what the great measurable results are:

*"My blog has an additional 500 readers in four months"*

*"My weight loss drops 5 lbs every month"*

Once you are specific and you know how you will measure your results you move onto looking at whether your goal is attainable.

## Attainable

According to my dictionary to attain something means to achieve with effort. In order to attain your goal you are going to have to put in the effort to achieve it.

If you are using your intention and setting your goal based on what you intend to happen then at this point you will be creating a vision of what you have achieved. You see it from a place of already achieving it and experiencing the feelings that making that happen brings up for you. Remember in your vision to include tastes, smell, sight, touch... bring in as many of your senses as possible.

Let's say I want 800 people to attend my workshop. At this point I will be seeing the workshop full of people. I will enjoy the smell of coffee as we network and the taste of chocolate muffins and fruit during the tea break. I will hear myself delivering my workshop and experience the excitement of everyone loving what I have just taught them.

This is when intention setting and goal setting work well together because I wouldn't just sit back and wait for these 800 people to show up. I visualize them but I still need to take action to ensure I get bums on seats! The difference is I have a belief that by igniting my intention I have set a higher power in motion that will make it easier for me to fill my workshop because people will be drawn towards signing up to attend.

Focusing back on being SMART attainment means looking at whether your goal is possible. If you have never held a workshop with 800 people have you set your sights too high? Should you start with an audience of 100 people and then work your way up?

People who believe only in intention setting will tell you that you get what you focus on so focus on 800 not 100 but I have experienced too many people disappointed when it doesn't happen. Intention setting requires a certain level of faith and if you don't have that then you block experiencing the full results (800 people). This is why practical goal setters don't like the "airy-fairy-ness" of intention setting.

Using a combination of the two take a look at how you will attain your goal and who can help you attain it. Remember you don't just have to use your own efforts.

Call upon the efforts of others to support you. Offering a 30% referral fee will encourage other people to tell their friends about it. Or you might set up a joint venture partner with a few other people and invite them to tell their customers about the event for a 50% cut.

Look back at your goal and ask yourself whether this goal is something you can achieve through effort (your own or anyone else).

## **A note on failure**

I read information that says “don’t set your goal too high because if you fail you will be disappointed”

I would like you to change your mindset about failure.

The first thing I want you to realize is that 95% or more of the population is sitting on their butts doing nothing. You are out there giving it a go so you can never be deemed a failure.

When things don’t work out self-reflection will help you look back at what you might have missed out or done wrong. It will also help you move forward and ensure you don’t repeat the same mistake.

If you set your goal for 800 participants and only achieve 50 you have not hit your goal but you have not failed either. You managed to get 50 people in the room so celebrate that fact. Of course along the way if you are measuring and monitoring your goal you will have realized that 800 is too high and re-set it (yes you can change your goals they are not set in stone) so not succeeding becomes impossible.

You need to recognize whether you continually set too high expectations of yourself and not achieve them as a way to make yourself feel bad and you also might want to look at whether your head is just too far in the clouds and you need to climb that ladder to success one rung at a time.

To measure whether your goal is attainable or not you really need to know yourself. I know that I am a “big picture” person. I think about a 50 storey building when a two storey would do!

Because I know that about myself I have to watch the goals I set but I also don’t want to limit my creativity and drive. It is a constant cycle of setting goals, measuring them, monitoring them and looking at the end result through self-reflection. The more you do this the faster the process becomes.

## Realistic

A little like being measurable and attainable you need to decide whether your goal is realistic based on the skills and abilities you have. Remember that you don't always have to rely on your own efforts so if there are skills and abilities you don't have you need to focus on who can help you and how.

You may also need training to reach your goals. If you love the idea of starting your own blog that's a great goal, but you are going to need help in getting it started. This is when you take on a mentor or set about learning how to make money blogging.

Setting your goal to be earning \$3,000 in 2 months when you have no idea how to blog may be an unrealistic goal and joining a training program then setting your goal to start your blog in 10 months is really an under achievement of what's possible.

So be realistic based on the time you have available to make your goal happen, your skills and abilities to work on that goal and the number of people that can help you to achieve it. Again go back and focus on the specific and measurable examples for examples of how your goal can be realistic. The power for this part is really in your hands because no one can tell you what is realistic for you.

The intention setting community may not necessarily like "realistic" because there is a belief that you "shouldn't worry about the how" – just leave that to God (Creator, Source etc) and He will deliver it to you.

If you want to go down that route you are most welcome. It does work. The only thing you have no idea of knowing is WHEN it will work. I use my intention to set HUGE goals and I use goal setting to help me move towards them.

This is what I have found works and it took me 14 years to realize that. It has been a combination of trying one without the other before working with both. This is what works for me and I can only share with you what works for me in the hope that it helps you too.

## Time bound

I remember in 1998 setting a goal that I said I would achieve in 5 years. Three years later I was still saying “in 5 years I will achieve X” – can you see my obvious mistake! Every year I kept saying “in 5 years” and the 5 years kept moving forward.

In 1998 my goal should have been “by 2004 I will achieve X” and that would have made it measurable for me as well as specific and attainable.

In order to complete something you must have a time by when you want to complete it - a deadline - otherwise you will keep moving forward like I did or it will never get started. If someone wants me to complete a piece of work and says “give it to me when you are ready” chances are they will wait for years! If they say to me “I need that in three weeks” I now have a specific time to complete it by and can work towards that.

The other mentality that falls into place when you do not have a specific time to complete something (and this is not just relevant for your goals but for everything) is that you put it off until tomorrow. You will keep putting it off until it becomes urgent or until there is a consequence for not getting it done.

I am like this with my business accounts. I know the deadline for when my tax return needs to be in but will put it off as much as I can and as close to the deadline as I can.

**Your goal must have a time to end in order to achieve it** otherwise you will sail your ship in one direction forever without ever hitting land!

Again, it doesn't mean that it is set in stone and you can't move a date it is important that you remember any goal set can be changed. It is also important that you know yourself well enough to know when you are changing something because you just didn't put the effort in to achieve it or whether you just truly need more time.

In order to push yourself beyond what you are normally capable of there needs to be an element of getting things done in the timeframe you have set yourself otherwise you will always be changing them and achieve nothing.

If a major family crisis happens or you find yourself unwell for a month or some other totally unexpected event takes place you really need to give yourself an opportunity to move the date and not to be too hard on yourself or doing it either.

Setting your intention is less time bound orientated and many people will sit and wait in faith until God delivers but I believe in “helping myself” by taking action. Even the bible states that you must take action and get going to achieve what you desire.

I have set goals using my intention and when I need someone who is normally busy and hard to get hold of they are available, when I want something it appears, if I think about someone they ring me. When you rely on help from a Higher Power you will find that things “unexpectedly” fall into place. Achieving your goal because less about just working hard.

I often measure whether my goal is attainable by how easy it is to work through it. If I keep hitting road blocks and brick walls I need to decide whether these obstacles are there to help me get past them and grow (which is usually the case) or whether the goal is just not meant to be pursued at this time.

Again, **this is something that takes knowing yourself** to answer that question. I have seen spiritual people give up on their goal because the way was not made smooth and easy but sometimes those not so smooth obstacles can be our biggest teacher if we allow ourselves the opportunity to overcome them.

I wish there was one answer to this problem and I could say just do x, y and z and you will be able to achieve this but years of working with clients and going through this process myself has taught me that it is not always that straight forward!

Let's face it if there was one answer to this you wouldn't see so many books, audios, and DVDs on the self-help selves in bookshops!

**If you want the good life, get wisdom, and if you want wisdom, get God**

**- George O Wood**

## **Now you have intention and goal setting**

We have come to the end of this guide and I hope it has been helpful in getting you thinking about the power of intention. Spend time learning how to set SMART goals and ignite them with the power of intention because you will see a significant increase in your results. I did.

I recommend reading the Power Of Intention by Dr Wayne Dyer as a great way to start using intention in your life.

Another man who can support you in connecting to universal power by helping you to become “fearless” is Guy Finley. Get access to his free self development starter kit here

<http://www.guyfinley.com/Welcome/61/CD1497/0>

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