

# For the Love of Time



*Or.... Are we spending our time on what we love?*

# What do we love?

*Intentions* are the purposes or aims that lie in our hearts and give us a sense of meaning.

Intentions that are with us for a lifetime are called *Life's Intentions*. Your Life's Intentions are the purposes you have come here to live *from*.

They are intrinsic to who you are. You may therefore use them as a stable seat upon which you can sit as you look out into the shifting landscape of your life. At the same time, they are the blueprints for action that guarantee luminosity along your hero's path.

# What do we love?

**You will be drawn to some Life's Intentions and not to others.  
This is as it should be. Everyone has a number of them, and many remain  
fairly constant over time.**

**Since these qualities live in metaphysical reality, they are not affected by  
the density, impermanence, and unpredictability of physical reality.**

**In addition, these Life's Intentions can still be yours no matter what you  
think or feel about yourself at any given moment.**

**For these reasons, you don't have to worry about them in any way.  
All you need to do is look for ways to demonstrate them in physical reality.**

# The Playing Field

## Physical Reality

- ✓ **Things take energy** (money, time physical vitality, creativity, enjoyment, relationship)
- ✓ Things are always changing
- ✓ Things are unpredictable



When monkey mind greets us at the border, we use “handle holds” to move into physical reality with clarity, focus ease and grace. A few handle holds are:

- Being willing
- The coaching arena
- Your standards of integrity
- Your life’s intentions
- Take authentic action

## Visionary Reality

- ✓ Energy is high
- ✓ Easy to get excited & inspired
- ✓ Easy to mistake inspiration for action

Ideas, Dreams,  
& Visions

# Our Life's Intentions

Using this form,  
please look at the intentions that are  
currently important to you.

Five (5) is “very important” and  
one (1) is “relatively unimportant.”

Please remember that this is only a  
snapshot in time, a reflection of where you  
are now. Your rating of these intentions  
could change at a later date.

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My Intentions are to be:	1	2	3	4	5
· Financially successful					
· Physically fit and healthy					
· A successful artist, sculptor					
· A successful musician, composer					
· A successful author, playwright, poet					
· A contributor to my community					
· A visionary leader					
· A loving family member*					
· Spiritually developing					
· A well-respected professional					
· An effective manager					
· An effective teacher					
· Well-educated					
· A creator of beauty					
· An effective coach					
· A successful business owner					
· An effective healer					
· Well traveled					
· An effective mentor					
· A successful entrepreneur					
· An adventurer					
· An effective therapist					
· An effective minister					
· Politically active					
· A successful communicator					
· A generous friend					

# *What do you notice?*

**What do you experience reading this list of intentions?**

**What are your body sensations and thoughts?**

**How would the quality of your life shift if conversations about these intentions replaced conversations about your doubts and worries?**

# Coherence & Incoherence

**Let's do a quick review of Coherence and Incoherence and how they apply to today's conversation.**

**Coherence is when our actions and our outcomes are aligned with who we are, i.e. when we are focused on, and spending most of our time on, our 5's.**

**Incoherence is when our actions and our outcomes are not aligned with who we are, i.e. when we are spending most of our time on people and things that we acknowledge aren't that important to us.**

# Coherence & Incoherence

When we are Coherent, we experience  
*Satisfaction, Fulfillment, Meaning & Harmony.*

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When we are Incoherent, we experience  
*Frustration, Resignation and Cynicism.*

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**Which experience do you find more interesting?**



# Let's Level Up the Love!

Choose three of your 5's, and write each one on a 3" x 5" card.  
Before each intention, write "I am willing to be..."



# And Practice...

“Life is luminous when we create games worth playing and goals worth playing for.”

*A goal is an area or object toward which play is directed in order to score.*

That means goals can be *enjoyable*.

They are also specific and measurable. They have a beginning, middle, and end.

You attain them and then go on to the next goal.

It's possible – you'll see – to craft goals that warm your heart  
and nurture your spirit.

# by Creating Meaningful Goals

**How do we do that?**

**We create a goal that brings a Life's Intention into physical reality.**

**Life's Intention: To be a successful author**

**Goal: I write a children's book**

**Life's Intention: To be a creator of beauty**

**Goal: I plant a rose garden**

**Life's Intention: To be physically fit and healthy**

**Goal: I hike 10 miles on the Appalachian Trail**