INTENTION TO ACTION:

BRIDGE THE GAP BETWEEN WHERE YOU ARE AND WHERE YOU WANT TO BE

Dana Skoglund

Goal:

What do I doubt?

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What am I worried about?

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What do I fear?

Whypower

Intention implementation:

"I will [SMALL ACTION] on [DATE] in [PLACE] at [TIME]."

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Intention implementation:

"If [OBSTACLE], then [STRATEGY]."

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