



turning potential into performance

## Using Your Internal GPS to Get Where You Want to Go

### A 5-Minute Practice to Shift Your Intention to Action

Remember, it's easy to be pulled out of our intentions for a whole myriad of reasons. Rather than bemoaning that human tendency, it's more important simply to re-focus our attention on purpose. Turn on your Internal GPS and go!

So, to begin to shift your intention into action, follow these steps and repeat as necessary.

- 1) **State your intention.** For example, "I intend to exercise 4 days a week for 30 minutes."
- 2) **Admit** to yourself where you are in relation to your intention. For example, "I am only actually exercising 2 days a week for 15 minutes."
- 3) **Confess to your excuses** around why you've **not** acted on your intention. For example, "I don't have time to fit it into my schedule this week."
- 4) **Re-state your intention** to yourself and the action you're committing to taking. For example, "I commit to exercise 4 days a week for 30 minutes."
- 5) **Declare this publicly**, to a friend, a professional group, in your community. For example, "Jo, I want to tell you what I'm up to these days. I'm committing to exercising 4 days a week for 30 minutes."
- 6) **Mix it up** and do something differently than you'd been doing before. For example, "I used to think I'd get to the gym 4 days, though now I'm committing to getting out to take a walk 4 days a week."
- 7) **Plan** your next 3-5 action steps. For example, "I will keep track of exercise in my planner, I'll share my actions with someone at the end of the week, and I'll re-commit to my exercise plan this next weekend."
- 8) **Enlist the support** of others who believe in you and your commitment. For example, "Jo, I'd like to share my progress with you at the end of the week. Does that work for you?"

I'd love to hear what you discover as you turn on your internal GPS to action to share with others in the next newsletter. You can e-mail me at [drchris@Q4-Consulting.com](mailto:drchris@Q4-Consulting.com)