

INTENTION MATTERS

This is the third instalment on the theme of Care Matters and how you can apply the One Strategy of '1 Care' to your advantage in business, and in life, to create, change and experience what is most important to you.

You may wish to read the first two which can be found at www.noosavanlines.com.au/care-matters/

Once you have selected an outcome you want to achieve, it is good discipline to set a clear statement of intention - writing it down brings greater clarity and better results.

So what exactly is an intention?

Just talking about doing something is not an intention. For example, saying, "I intend to give up smoking." The question I would ask is, "Have you chosen a process to quit and have you commenced that process." If the answer to this question is NO, then I would say a truer statement is, "I have thought about giving up smoking but I have decided not to, yet." And that the actual intention at this point in time, in this instance, is 'to keep smoking'.

It is the actual intention in place that determines the results. So, if you want to change the results you are achieving, have a look at the real intention that you have in place, and change it.

INTENTION, is like a vehicle that you create with care, to help you get from where you are now to where you want to be.

Your **decision** is the 'engine' - strong and powerful decisions bring about the best results.

Your **willingness** (to do what it takes) is the 'fuel' - which powers the 'engine'.

Just as for mechanical vehicles, each component has a role and needs to be maintained in good working order. If the engine is faulty, or if you don't use the right fuel or you run out of fuel, you're not going to get to where you want to be unless you take corrective action.

We all understand this for our motor vehicles, but sometimes we don't pay the same attention to looking after or in driving the vehicle of our life - that is intention.


Your intention is at work, consciously or unconsciously and is delivering your current results.

You are the driver. You choose the direction and control the speed at which you are 'travelling'.

If you understand this and learn how to 'drive' your intention more effectively, you will achieve better results for the things you truly care about.

The starting point is always care. What do you truly care about and do you care enough about it to do what it takes to achieve it?

What are you actually caring about most now? The results you are achieving will give you the answers.

Go well. 

the ONE strategy:

Intention

Care

Alignment

Responsibility

Energy



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ABOUT THE AUTHOR

Greg is a Director of Noosa Van Lines and a Leadership Mentor. He has held a number of senior management roles, culminating in 10 years as a Group General Manager in one of Australia's highest profile companies with a divisional work force of over 6500 employees. He is passionate about helping people succeed in business and in life and in helping develop leaders with this approach. More at www.noosavanlines.com.au/care-matters/

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Bill & Diane (16 November 2015)



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