

## NEW YEAR "CREATING GOALS WITH INTENTION"

### **GOALS i.e. FUTURE/INTENTION i.e. PRESENT**

JOIN US ON THIS JOURNEY TOGETHER EACH MONTH. SIERRA FITNESS WILL HOST A SPECIAL CLASS EACH MONTH HIGHLIGHTING OUR AMAZING INSTRUCTORS AND GIVING OUR GUESTS THE OPPORTUNITY TO CREATE THEIR VISION FOR THE MONTH AHEAD WITH THE IDEA OF INTENTION. NEXT MONTH WILL FEATURE ELISE TEACHING A PARTNER YOGA CLASS, FEBRUARY 10 at 11:00 AM. OUR GOAL FOR FEBRUARY IS "STRONGER RELATIONSHIPS" AND OUR INTENTION IS "May I make choices to do small things each day to show my sincere love to others."

EVERY YEAR AROUND THIS TIME, SOME OF US APPROACH THE TURNING OF THE CALENDAR HOPEFUL THAT THIS TIME WILL BE DIFFERENT. IN SPITE OF THE VERY MIXED TRACK RECORD OF THE PAST NEW YEAR'S RESOLUTIONS, WE MAKE THEM AGAIN AND AGAIN, SOMEHOW HOPING THAT THIS TIME WILL BE DIFFERENT.

THIS YEAR LET US NOT FOOL OURSELVES AGAIN. NEW YEAR'S RESOLUTIONS ARE A FLAWED WAY TO REACH AN ADMIRABLE GOAL- BECOMING THE BEST VERSION OF OURSELVES. ONE THIRD OF THE RESOLUTIONS DO NOT MAKE IT PAST THE FIRST MONTH.

THERE ARE A COUPLE OF REASONS WHY RESOLUTIONS SET US UP FOR DISAPPOINTMENT. FIRST, WE UNDERSESTIMATE HOW LONG IT TAKES TO KICK A BAD HABIT OR ADOPT A NEW GOOD ONE. RESEARCH SAYS IT TAKES 21 DAYS. HOWEVER, FURTHER STUDIES INDICATE THAT ON AVERAGE IT TAKES APPROXIMATELY 66 DAYS BEFORE A NEW HABIT BECOMES AUTOMATIC.

SECOND, PEOPLE TEND TO MAKE LONG LISTS OF BIG HABITS THEY WANT TO CHANGE – LOSING WEIGHT, SAVING MORE MONEY, QUITTING SMOKING OR DRINKING ETC... EACH OF THESE **GOALS** IS A HEAVY LIFT REQUIRING A LOT OF HEAVY EFFORT. WE OVERWHELM OURSELVES BY FOCUSING ON HUGE CHANGES DOWN THE ROAD RATHER THAN ON SMALL CHANGES IN THE PRESENT MOMENT, HERE AND NOW.

BEGIN WITH **INTENTION** INSTEAD. PUT LESS PRESURE ON YOURSELF BY DEVELOPING THE HABIT OF MAKING REGULAR DAILY, WEEKLY AND MONTHLY INTENTIONS INSTEAD OF MAKING A BIG ORDEAL ABOUT LABORIOUS RESOLUTIONS. IN THE SAME RESPECT, AN ATTITUDE OF GRATITUDE SHOULD BE A YEAR-ROUND PRACTICE, SPREADING THAT THROUGHOUT THE YEAR WITH INTENTION TO BETTER OURSELVES.

THE DIFFERENCE BETWEEN GOALS AND INTENTIONS: AN INTENTION IS MORE FORGIVING, WITHOUT THE SUCCEED-OR-FAIL DYNAMIC. THE IDEA OF INTENTION HONORS EFFORT AND PROCESS AND NOT JUST RESULTS. A GOAL IS AN IDEA FOR THE FUTURE OR A DESIRED RESULT THAT A PERSON ENVISIONS. WHILE GOALS ARE ABOUT THE FUTURE, INTENTION IS ROOTED IN THE PRESENT. THE PRESENT KEEPS US GROUNDED AS THE FUTURE IS FULL OF UNKNOWN AND CAN CAUSE US TO BE ANXIOUS.

## SETTING AN INTENTION:

1. **PAUSE.** STOP WHAT YOU ARE DOING. TAKE A BRIEF TIME-OUT AND CHECK IN WITH YOURSELF.
2. **BREATHE.** TAKE A CONSCIOUS BREATH TO BECOME PRESENT AND GROUNDED. RESET.
3. **CHOOSE.** MAKE A MINDFUL CHOICE ABOUT AN INTENTION FOR THAT DAY, WEEK, OR MONTH.

GOALS MOTIVATE US, PROVIDE STRUCTURE, AND LEND MEANING AND PURPOSE TO OUR LIVES. HOWEVER, WHEN PAIRED WITH INTENTION WE GET THE BEST RESULTS, THE BEST OF BOTH WORLDS. GOALS WITH INTENTION, PROPEL US TOWARDS OUR FUTURE WHILE KEEPING US FIRMLY PLANTED IN OUR PRESENT SELF.

## STEPS TO SUCCESS

1. BE CLEAR ABOUT WHAT YOU WANT. WITH CLARITY COMES POWER.
2. GET YOUR "WHY." YOUR "WHY" = FUEL When conditions aren't ideal, ALWAYS RETURN TO YOUR WHY! Example of a STRONG "WHY" ...I WORKOUT AND EAT HEALTHY SO CAN STAY HEALTHY AND STRONG THROUGHOUT MY LIFE. HEALTHY AND STRONG TO TRAVEL, TO SPEND TIME ENJOYING MOTHER NATURE AND TO LIVE INDEPENDANTLY!
3. MAKE A PLAN WITH INTENTION. SMALL DAILY STEPS TOWARDS YOUR GOAL. i.e. hit a single every day until the bases are loaded and you'll get your home run! 🏏
4. COMMIT! YOUR COMMITMENT TO YOURSELF AND YOUR GOAL, MUST BE GREATER THAN YOUR FEELINGS AND YOUR CIRCUMSTANCES. Again, go back to your "WHY!" i.e. your favorite instructor is out for the week and you don't FEEL like getting your workout in. COMMIT TO YOUR WHY!  
NAMSASTE

See entire article from FORBES at:

<https://www.forbes.com/sites/nazbeheshti/2018/12/11/new-years-resolutions-dont-last-try-this-instead/#2e9018d459da>