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A personal note from *Jacquie*

Hi there,

So "What do you want for Christmas this year?"

That's such a loaded question, isn't it? Yet, when was the last time you contemplated what you truly wanted and gave a genuine answer?

In this week's news you'll read about the importance of knowing what you really, really want in your life. In NLP this is known as having clarity of your high level intentions.

By having clearly defined intentions it can lead to better health, more meaningful relationships, more success in business and whatever else you're wanting over the Holidays and into the New Year!

To Your Success,

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Do You Know What You Really, *Really* Want?

'Tis the season of giving ... and like most people you're focused on other people lately, aren't you? And you're spending a lot of time creating experiences so that other people's dreams can come true? Yet, you have dreams for something wonderful to happen this Christmas too, don't you?

At this time of year, I like to take a page from my dear Dad's book. He's in his 80's now and hasn't changed his tune much when he's asked what he wants. His stock answer is, "All I want is peace and

quiet!" And he might add, "...and for everyone to just get along." As a child I took his answer quite literally. I would tip toe around the house and be ever so quiet so as not to disturb my stressed out Dad. Unfortunately, after a few hours, I'd be led astray by one of my brothers which would generally result in laughter, bangs and smashes and sometimes tears. At which time the peace and quiet came to an end as dramatically as china hitting the kitchen floor and smashing into a thousand splinters.

To this day when planning what I want during Christmas, scenes of people smiling, sounds of laughter, and warm hugs come to mind. In a nutshell, my high level intention is a desire for peace and love and for everyone to just get along. Hmmm, I guess the pear doesn't fall far from the tree after all.

"By banishing doubt and trusting your intuitive feelings, you clear a space for the power of intention to flow through"- Wayne Dyer

Knowing What You Want Empowers, Motivates and Activates

Not knowing what you want can feel like walking through life blindfolded. And it can mean having too many days ending not the way you planned. Or being led easily astray doing things that afterwards seem pointless, a waste of time and money - both valuable resources you can't afford to waste.

If you are feeling unable to get started, unmotivated and unable to stay focused and not the leader you want to be - you could be lacking clarity of your intention.

The gap between NOT knowing your intention can be closed by simply asking yourself, 'what do I really want to have happen in my life?' Ask yourself what evidence do I have from my past experiences or from other people that what I want is possible? And, when I get what I want, what will that give me that I don't have now? These are questions to ask yourself as you begin to discover what it is you truly want in life.

Conscious Focus Sets The Direction

When you know your intention there is an inherent increase in the intensity of your focus.

On a conscious level you set goals, write check lists, daily, weekly and monthly 'to do' lists. Having a clearly defined intention means that you can more easily evaluate your goals to ensure they fit the definition of your high level intentions and either eliminate or move to another list anything that isn't a fit.

Unconscious Awareness Is An Internal Navigator

One of the many models in the field of NLP is the epistemology of communication also referred to as the 'how we know what we know'. Human beings are designed to follow one's own intentions -if and only if- your intentions are in line with your values and belief systems.

If your intentions are not aligned with your deepest values your unconscious will not support your efforts and will most likely sabotage any effort you make. Having sensory acuity is the key to unlock a connection to the part of you working at the unconscious 'under the radar' level. As well, any time you steer off course, your unconscious will signal you with a physical warning sign. Your job is to pay attention to the signals you receive from within and evaluate your actions to determine which direction to continue in. In NLP this is called calibrating personal congruency. These are skills that you can learn and practice to develop a personal 'team' that will support and guide you to achieve your highest level of intentions in your life.



FREE Webinar
**“From Frustration
To Freedom
At Christmas”**

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Here's my favourite ways of defining clear intentions:

1. **Ask yourself the question:** The very first step is simple. You need to ask yourself, 'What do I really want?' Don't think too hard on this first question. Then ask, what is important about that? And, when I get it, what will I have that I don't have now?

Tip: Ask a friend to ask you the questions. This will free you of the conscious process of writing down the answers and avoid prejudging your answers.

2. **How will you know?:** What evidence from past experience do you have to know you've got what you want?

Tip: Set up a schedule to evaluate your performance compared to past performance.

3. **Watch out for self sabotage:** Pay attention to your behavioural patterns and decide which ones fit within your high level intention. Toss the ones that don't fit.

Tip: Be ready to adjust your behaviour quickly. Do this by having many ways of responding.

4. **Practice:** By now you're noticing a common tip I give is to practice, practice, practice. Set time aside every day to practice developing a higher sense of awareness, evaluating your performance and developing new behaviours.

Tip: This does not have to be gruelling or forced. A few minutes contemplating your day before you sleep or upon waking is often enough.

5. **Calibrate:** Anytime you feel a physiological signal of any kind - acknowledge it. This is your unconscious telling you something. Learn to listen.

Tip: Take time to explore physiological signals more closely. Your own body is your best resource, highly intelligent and knows what's best for you.

Quick Tip

Include all your senses when you're defining your high level intention. Notice what you see, feel and hear as you create a representation for what you really, really want in life. Anytime you feel off balance recreate the rich sensory based intention and calibrate whether your actions are in line with your intentions. If not, do something - anything - different.

Look Who's Talking

"That NLP is really amazing stuff! I'm looking forward to acquiring more NLP skills so I can help myself and others to break free from the anchors that drag us down and hold us back from realizing our dreams

and from living active, bountiful lives."

Jeannette Lupien

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