

The Path to Personal Growth

HOW TO SET POWERFUL INTENTIONS TO GUIDE YOUR PROFESSIONAL DEVELOPMENT

Ready to take the reins of your professional development but not sure where to start? Defining clear intentions paves the way for growth.

This guide walks you through the intention-setting process step-by-step to:

- Gain clarity on where you are now professionally and how you want to feel.
- Connect more deeply with your core values and interests.
- Set defined intentions to create the career future you desire.

Creating an intention-setting practice keeps you progressing steadily toward your professional goals rather than slowly drifting off course. Sound overwhelming? It's simpler than you think.

1 First, **reflect on a few key questions** that dial in emotional motivation. It all starts here. Get this part right, and the rest will flow:

- What 3 adjectives describe how you feel in your career lately? Frustrated? Restless? Empowered?
- Fast-forward one year and imagine you are reflecting on the year that has just passed — what 3 adjectives describe how you have been feeling most often? Motivated? Fulfilled? Calm?

2 Next, **do an unfiltered mind sweep** of what you know to be fundamentally true about your interests, values, passions, strengths, and goals right now. No editing allowed! Examples:

- I love solving complex problems.
- I enjoy managing teams and helping others succeed.
- I want to transition out of individual contributing into people management.
- I love spending time outside, specifically near the woods or water.
- I love cooking, especially when I'm hosting friends and family.

3 Finally, **declare your intentions boldly and simply**. If an initial goal feels too ambitious, break it down into smaller milestones. Examples:

- In the next year, I intend to take on 5 new major projects to showcase my abilities.
- I intend to complete my PMP certification within 6 months.
- I intend to deliver a TEDx talk. Here's how to break it down:
 - Complete the script.
 - Research ideal TEDx locations/audiences.
 - Create a speaker reel.

Discover more techniques to turn intention into action by subscribing to my Make Life Richer Substack at gretchenpisano.substack.com.

Leadership Mojo Tips

@gretchenpisano

As you set your intentions, keep in mind the big domains of well-being and peak performance:

- Mental, emotional, and physical growth and development
- Resilience
- Relationships
- Family
- Leadership
- Financial, occupational, social, and spiritual abundance.

When kept top of mind, your intentions transform into reality. In fact, studies show that people who write down their goals accomplish significantly more than those who don't. Setting your intentions annually and reflecting on your progress to date quarterly will propel your personal and professional growth, upward and onward.

