

October 14, 2008



Just for Today

Intention

Don't you just love it? I mean, when life conspires to teach a lesson you preach? This week I realized that I have been so focused on an end that I've been trying to achieve that I forgot to focus on the means. In other words, I was so overwhelmed by the magnitude of my goal that I was chasing my tail, feeling disorganized and generally not accomplishing much of anything. In fact, I wore myself out worrying. Then I had that BFO* moment. All I had to worry about was what I was to accomplish TODAY. That's it, that's all. It works when I state my intention for the day, in my mind, and then write it down on paper.

*blinding flash of the obvious

Just for today: decide on the outcome you want from today. Separate the "to do's" that will help you achieve the outcome and don't take your eye off the ball. Be intentional. Achieve what you intended. The big picture will happen, one intention at a time.

Angela