

My intentions at this moment are to be:	1	2	3	4	5
...an effective communicator.					
...a better listener.					
...well-respected in my _____ (i.e. community, department, organization, etc.).					
...a visionary leader.					
...a better team player or team leader.					
...more grounded, centered.					
...living with greater ease and simplicity.					
...an effective _____ (i.e. physician, executive, mentor, teacher – you name it).					
...physically fit and healthy.					
...financially independent (or solvent).					
...a great and loving _____ (spouse, mother, father, sister, brother, daughter, son, friend, partner – you name it).					
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