

# YOUR COACHING MATTERS



*"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth*

## Life's Intentions & Standards of Integrity

### Finding Meaning and Relevance:

People tend to be most fulfilled in their life when they are living in accordance with their values and purpose. When we don't do this, we often feel frustrated and dissatisfied with ourselves and our life. Through coaching you will uncover your values and intentions and develop and accomplish goals that are a reflection of what has meaning and relevance for you. Two ways to discover what has meaning and relevance are through our Standards of Integrity and our Life's Intentions.

### What are Standards of Integrity?

"Standard" has two meanings:

- 1) Something of value.
- 2) A type of flag or banner that you fly in front of you. It's what you "stand" for.

Standards of Integrity are the core values that you cherish and reflect who you really are. They are the basic desirable qualities you possess that give you meaning and relevance. You don't have to invent them because they already exist within you!

When you act in accordance with these qualities, you feel a sense of well-being. You experience satisfaction and fulfillment. Integrity means to be "whole." Therefore, when your actions reflect your Standards of Integrity, you have a sense of wholeness. You know that "all is well."

### What is a Life's Intention?

An underlying direction, aim, or purpose that comes from deep within you and is the living spirit behind your goals and dreams. It is a longing to be known for something that you contribute to life.

#### Examples:

- To be financially successful
- To be an adventurer
- To be a creator of beauty
- To be a loving partner

Your Life's Intentions give a clear, pure focus to energy. Our Life's Intentions rouse us forward on our journey, calling us to grow and develop.

In our coaching, through specific exercises, you will discover your Standards of Integrity and your Life's Intentions. You will begin to notice where in your life you are aligned with your Standards of Integrity and Life's Intentions and where there is a gap. This awareness will enable you to close the gap and formulate goals that will bring your dreams into physical reality and that express your authentic self.

#### Reflection:

What would it mean to you to uncover your SOI and LI?

# YOUR COACHING MATTERS



*"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth*

## Life Intentions Inventory

Using this form, please look at the intentions that are currently important to you. Five (5) is "very important" and one (1) is "relatively unimportant." Please remember that this is only a snapshot in time, a reflection of where you are now. Your rating of these intentions could change at a later date.

My Intentions are to be:	1	2	3	4	5
• Financially successful					
• Physically fit and healthy					
• A successful artist, sculptor					
• A successful musician, composer					
• A successful author, playwright, poet					
• A contributor to my community					
• A visionary leader					
• A great (loving) family member*					
• Spiritually developing					
• A well-respected professional					
• An effective manager					
• An effective teacher					
• Well-educated					
• A creator of beauty					
• An effective coach					
• A successful business owner					
• An effective healer					
• Well-traveled					
• An effective mentor					
• A successful entrepreneur					
• An adventurer					
• An effective therapist					
• An effective minister					
• Politically active					
• A successful communicator					

\* Fill in the blank here. Examples include: mother, father, aunt, uncle, grandmother, grandfather, sister, brother, partner, husband, wife, friend.