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SMARTER Intentions & Authentic Goals

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SMARTER Intentions & Authentic Goals

Connie Reimers-Hild, PhD, CPC

Honest Intent Inspires Authentic Goals

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Intentions influence our actions and behaviors. If intentions are established with awareness, truth, and meaning, they can help us experience a life filled with passion and personal fulfillment. Lack of understanding around our true intentions often causes frustration and confusion, which is one reason people oftentimes do not achieve their goals. Many goals are written; however, they are not established with honest intent. It's time to get brutally honest about your true intentions so you can achieve authentic goals.

Intentions have the power to strengthen your Inner Leader and move forward in a meaningful way as long as they represent what you truly want to accomplish and experience. Honest intentions, based on personal fulfillment and purpose, can also help keep you motivated and focused while measuring progress.

Before setting SMARTER Intentions, it is important to decide 1) where you want to go (your Visual Vision) and 2) what you truly want to experience along the way. SMARTER Intentions can then be designed to help you achieve your vision while truly experiencing the journey.

Create Your Visual Vision

It is important to create your Visual Vision before writing your SMARTER intentions. Why use a visual? Visuals help us remember and stand out in the globalized crowd. Images also tap into our emotions, reinforce learning and inspire us to take action.

Get ready to tap into your senses and create a vision that totally jazzes you!

A Visual Vision creates a clear and compelling picture and description of the future while serving as a compass by which you can guide your actions, thoughts and behaviors.

A great Visual Vision shapes your destiny by providing you with a symbolic reminder of your chosen direction and purpose. It is a statement and image of the future you are working to create everyday. Used wisely, it is a powerful tool that:

- Represents You and Your Personal Brand
- Motivates You to Take Inspired Actions
- Strengthens your Inner Leader

Coaching Tip: My Visual Vision

The bright blue starfish with the words “Be You & Do Something Cool” has become my Visual Vision.

I use the blue starfish because starfish and leaders have many things in common, and I ultimately have to lead my own life to achieve my vision and version of success. The words remind me to be myself while having fun, doing something cool and experiencing my life every single day.



Be You &
Do Something Cool!

Please Note: This is a really short and sweet exercise for creating your Visual Vision. It is designed to help individuals begin their SMARTER Intentions journey. Please contact me (Connie Reimers-Hild at creimers2@unl.edu) for a more detailed exercise on creating your Visual Vision.

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Step 1: Draw It, Write It & Have Fun With It!

Coaching Tip:
Get Creative!

Pictures truly have the power to speak a thousand words. Use images, pictures, stickers, colors and whatever other images or visuals that move you.

A combination of a few words and an image can be extremely powerful. Your Visual Vision may end up being a collage of images with a few words. Be creative and have some fun with this.

Create a Visual Vision that truly works for you. Put it in a place you can see it everyday, especially first thing in the morning and before you go to bed. You may want to have it where you can see it all day, everyday. It might be a physical item you hang on a wall or set on a desk, or it may be on one of your electronic devices.

Make your Visual Vision a work of art designed to grow your Inner Leader and your life!

To begin creating your Visual Vision, consider the three following coaching questions:

1. What is my Ultimate Dream?
2. What do I want life to look like in the next 1-3 years?
3. What do I want to experience during my Life Journey?

In the space below, begin free writing and drawing the thoughts and images that naturally come into your mind. Do not censor your writing. Use words and pictures to stimulate both your left and right brain. Dig deep and let imagination, intuition and truth guide you. Have fun with this. Write and draw what naturally comes into your mind. This is only a starting point.

Step 2: Refine It



Be You & Do
Something Cool!

Go back and reflect on what you have written and drawn. What words, phrases or images best illustrate your free writing and drawing while answering the three coaching questions on the previous page?

The trick is to create and use whatever works for you. It is important to develop a Visual Vision that speaks to you. Make it simple and pleasing. It should be a work of art...something you want to look at and read every single day.

Write or draw the image, words or phrases that best summarize your free writing and represent your vision of the future.

Congratulations!

This is the first draft of your Visual Vision!!

Now that you have a draft of
your Visual Vision, it's time to
set some SMARTER Intentions...





SMARTER Intentions

What we intend will happen. Actions support honest intentions; therefore, all true intent is realized. Intentions become the outcome.

All True Intent is
Realized

"One of the challenges with intent is that we are not always consciously aware of what our intent is....Intent is the driver behind what we are doing or thinking. It is the belief driving our thoughts, words and actions. We always have intent when we are doing something. It is knowing what the intent is that enables us to unlock the driver behind our actions and makes it clearer for us to see."

-International Coach Academy, Learning Module on Intent (2009)

Super Cool: Write SMARTER intention statements that clearly outline what you truly need and want to do to make your vision a reality. And, make sure they are cool to you. Personalize your intentions so they tap into your personal fulfillment and passion while making sense to you. Make sure you get excited about your SMARTER intentions when you read and revisit them. Being true to your passion and purpose will help you stay motivated and focused!

Measurable: Take charge of your progress by building in accountability. Use metrics, numbers and other fun ways to monitor your progress. Monitoring progress will help you determine what works and what needs to be changed. Great metrics also provide a feedback mechanism that super-charges motivation. Realize and celebrate your progress and success!

Achievable: Create Intention Statements that seem doable to you. Each goal is a step forward towards the Visual Vision you have established. Small consistent steps are the key to accomplishing big dreams!

Relevant: Intention statements should move you forward in a way that holds meaning to you. Make sure your Intentions are specific enough to keep you focused yet cool enough to inspire action. Great intention statements are also doable. Relevance supports focus while building synergy. And, passion behind performance equals success!

Time bound: Each Intention should be completed in an established time frame. When will you accomplish your Intention? Set a date and establish a time line. Use time as an effective tool to keep you on target.

Evolved: Make sure your Intentions fulfill your Visual Vision and your life. Revisit them often to make sure they are still working for you. How do you feel when you reach a goal? If it feels right, you are on target. If something feels off, it may be time to make adjustments. These are your intentions, so be true to yourself and make them work for you!

Rewarded: This is the best part of a SMARTER Intention! How will you celebrate achieving your Intention? Be creative and have fun with this one. Go a little wild and share your wins with others. Celebrate each success and recognize your accomplishments!

Writing SMARTER Intention Statements

First, draw and write your Visual Vision in the space below so you have it in front of you:

Now, take a good hard look at your Visual Vision. Now, take some time to honestly identify 1-4 SMARTER Intention Statements that serve as a map on your journey to achieving your Visual Vision. Write each SMARTER Intention Statement down in the table below. Have some fun with this exercise. Also, make sure you are true to yourself and find fulfillment and meaning in each statement. Personal fulfillment will keep you motivated and excited. Write as many as you need. The table below is only a guide.

	SMARTER Intention Statement	Due Date	Reward
1			
2			
3			
4			

(continued)

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A Note About Visual Visions & SMARTER Intentions

Remember, this life is your journey. If you need to make changes to your Visual Vision or SMARTER Intention Statements, do it. If something doesn't feel right, fix it. Intentions should be set for you as an individual and based on personal fulfillment, not simply on what you think you should do based on the thoughts and influences of others or society. Your intentions serve as motivation and the source of actions and behaviors. Be brutally honest with yourself when setting SMARTER Intentions. Truly meaningful intentions are powerful and have the potential to grow your Inner Leader and your life.

What you truly intend will happen; therefore, your Visual Vision and Intentions must be based on your personal truth. Intentions become goals; therefore, honest intentions inspire authentic goals. The more genuine you are about experiencing your Visual Vision and SMARTER Intentions, the more likely you are to stick to them. Setting and pursuing false intentions can lead to a lack of interest and motivation, which typically ends in goal abandonment and ultimately in feelings of failure and self-doubt. Feelings of failure and self-doubt can seriously erode confidence and our sense of self-empowerment and success.

My Final Coaching Tips: Set holistic SMARTER Intentions that recognize the importance of the mind-body-spirit connection for different areas of your life, including the areas of self-care, family and relationships, spiritual growth, finances and personal development. Different areas of life ebb and flow together like an ecosystem. Each area of life needs attention. Life should be cultivated and cared for like a plant or flower if it is truly to be enjoyed.

Keep your Visual Vision and your SMARTER Intentions in front of you; refer to them many times per day until they become part of your subconscious mind. Take inspired actions daily, change course when needed and enjoy the journey!

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