
How to Set Intentions that Energize You

A Special Report

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We've all heard how crucial it is to set intentions, goals and targets. Powerful goals electrify us. Clear intentions energize and pull us forward.

Without a clearcut intention, we're reactive and don't get around to doing the important things when we want them done. Instead, we spend our time fighting random fires. Without clear intentions, anything might happen. And usually does.

Literally, intentions are like the steering wheel on your car. Their whole purpose is to give you control over where you're going.

But when setting intentions or goals, keep in mind that if you can't measure it, you can't manage it.

Now, it's good to have intentions at more than one level. When we get up into the more conceptual intentions, such as "I will contribute to the wellbeing of those around me," these become like a mission statement.

But then, be sure you go on to decide specifically how you will go about implementing your mission in your daily life.

Specifics are essential. How – specifically – will you put your mission into action today? What will you actually DO about your highest intentions?

It's important to set intentions for yourself because this is where the rubber meets the road.

Just say "I'm going to do this and this." It should be nothing big and overpowering. Just some stuff you're meaning to do or achieve short-term.

Be sure to write them down on paper.

When you list them out, you can clearly look over your results afterward and check yourself.

At the end of today... or about this same time next week... did you do what you said you'd do?

Expressed like that, it's clear that we're building a kind of internal integrity check within ourselves.

When you're first starting to build this new intention-setting skill (habit), it's important not to pile on too much. Sure, it's easy to get all excited about turning over a new leaf, but it's essential that you start where you are NOW, not where you think you SHOULD be.

Start out easy. If there are things that, from experience, you already know you can easily do. Set your intentions to do those things (plus perhaps a little bit more) and it'll be fairly easy to achieve them... because you generally do.

Then, after you're comfortable with the idea of doing what you say you'll do, then you can begin to stretch your intention muscles a little more. Add a little more to your intention list.

But remember, as in any new regimen, begin easy.

Begin with what you can actually do. Only after you get comfortable with the intention-setting process should you start going for the bigger stuff. Keep in mind that patience (taking small, measured steps) is more than a virtue here. It's the key to keeping yourself moving forward.

Notice I said patience, not procrastination.

In the past, maybe you attempted too much too soon, with the end result that you ran into yet another round of demotivation and discouragement.

This time, go about the process logically and gradually: keep your eye on the level you want to reach next year, and let today's effort take you 1/365th of the way there. Do this, and you'll see real, measurable progress that builds up into achievements you'll truly be proud of.

It's all pretty simple stuff, really. Just training yourself to keep your word to yourself.

Cheers from warm and smiling Thailand,
Charles Burke
Your Gentle Kick-in-the-Butt Coach

Workshops:

Rocket-Write™ Your First Book (or Next One) in Record Time

If you've read my *Makin' Book*, you already know the quick, smart way to get your ebook written, posted online and selling – and do it all FAST! (You'll find it at www.MakinBook.com)

In this ebook I've given you the complete plan, without holding anything back. And I didn't load you down under too many details. You got exactly the how-to information you need, plus a healthy dose of inspiration and motivation.

Of course, a large part of inspiration is realizing that, not only is something possible, but that it is possible for *you*.

Inspiration, however, is a highly individual thing. And some people, no matter how inspired they are, may still need a little jump-start to help them get up to speed. Some short-term mentoring or coaching. That's normal.

If you're now thinking of writing your own book, you may feel *almost* ready to move forward, but need just a bit of help during your first few steps. If this is you, here's good news. I've put together an action-based coaching class to help you move forward more confidently.

Coaching Class One:

6 Week "Rocket-Write™ Your eBook" Coaching Class

This class will take you deeper into the writing process than this book could. I'll take you by the hand and lead you through the entire book-planning and writing process. This 6-week program will give you direct, hands-on experience in producing a complete outline, then writing your entire book using my Rocket-Write™ System.

I'll be there throughout the entire 6 weeks to answer your questions as soon as they arise. This can reduce the uncertainty that most people feel when tackling something they've never done before.

When you've completed this class you'll have:

- **A vivid description and understanding of your target reader**
(you'll know your reader as well as you know your best friend)
- **A clear grasp of what your readers are starving for**
(you'll know them and understand exactly what they crave more of)
- **A long list of benefits your reader will gain from your ebook**
(this will form the foundation of your sales page)
- **A powerful book title and subtitle**
(they'll grab your reader's attention and won't let go)
- **A complete outline for your ebook**
(so you'll never get lost, or stall midway through the writing process)
- **Your ebook completely written**
(The point of this entire program – a completed, Rocket-Written™ ebook)

Average time commitment required for a student over the course of the 6 weeks will be about 10 to 12 hours per week. This is about equivalent to working a part time job (but with more potential for advancement). If you are unable to commit to this, then your results will suffer, and it would be better to wait until you have the time and energy available to take this class.

Each week, students will receive a written lesson containing that week's assignment.

Also each week, there will be a group phone call. This will give each student an opportunity to ask questions and share experiences. Although attendance at these calls is not required, most students consider them helpful because they serve as masterminding opportunities, where other students may have the answer to the issue you've been facing.

Each day, a student can email me up to 3 questions – that's as many as 42 personal emails (and over 125 questions) during the course of this class.

I also give you an iron-clad personal guarantee. If you get two weeks into the class and decide it's just not for you, simply drop me an email, and I'll refund your money instantly. And cheerfully. Guaranteed. Already know you want in? [Drop me a note](#) and tell me! Let's get you started on Rocket-Writing™ your book right away!

- **Check class availability** and dates at the CharlesBurke.com website.

Additional Coaching Classes:

Which of these classes is right for you?

Coaching Class Two:

6-Week ‘Build Your Website FAST’ Coaching Class

You’ve written your ebook. Now you need a place to showcase it. This coaching class will enable you to build a good-looking website, including sales page, download page, and other support pages as needed.

Coaching Class Three:

6-Week “Launch & Sell Your eBook”

With a completed ebook and a strong sales page, you still need to drive large numbers of qualified buyers to your website. In this coaching class, you’ll learn simple ways to attract hoards of visitors to your site.

Coaching Class Four:

26-Week “Mindset Makeover for Business Owners”

Mindset is the master key to success. Without a strong success mindset, we can make all the right moves and still come up short.

And the biggest difficulty with changing mindset is that it’s mostly out of sight. We have a hard time recognizing which attitudes and beliefs are the ones holding us back. For that reason it generally takes longer to get mindset adjusted and pointed in the right direction.

In most cases a short class only gets you started, then leaves you hanging halfway to your mindset goals. Unlike shorter classes, this one carries you well past the “easy backsliding” stage, and deep into firmly established new mindset and thinking skills.

- **Check class availability** and dates at the CharlesBurke.com website.

More Suggestions for Success in Your Life and Your Career

- Luck is the word everybody uses when they have no control over their life. Successful people seldom believe in luck, or fate, or destiny. They know there's something far better. [Click here for the secrets to Command More Luck](#)
- Tired of having your mind polluted by the random negative conversations all around you? Now take the initiative. It's easy to stay positive when you saturate your mind with the [Words Winners Use](#)
- Many entrepreneurs have a hard time getting the Law of Attraction to work for their business. If this is you, see [The Business Owner's Quantum Cash Pump](#)
- Some people see opportunities all around them, while others stumble through the same landscape and see only difficulties, roadblocks and lack. It's not your fault if nobody ever taught you how to "See Rich," but now is the time to discover your own [Acres of Opportunities](#)

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