



## Intention

**Intention** is a **mental** state that represents a commitment to carrying out an action or actions in the **future**. Intention involves mental activities such as **planning** and forethought.

My intention of the daily motivational call is to share ideas to positively impact your day

Ways to increase intention

GSA

Write down your clearly defined goal

Write down your action plan

Take massive action

Think a thought again and again and again

I will teach sales until September 12, 2046

Magic White Board

Meet with Bob

I did the interview in person as a way of communicating intention

Intention with your loved ones

Intention with your team

Bonus Video - Overcoming Sales Resistance <https://youtu.be/NVbFObSLfmo>