



Juliet Adams: What is Intention And Why Does it Matter?



Explore the realm of intention with leadership and workplace productivity specialist Juliet Adams. The Director of “A Head for Work”, she is a driving force for mindfulness in the workplace internationally and has authored several books on mindfulness in the workplace and the power of intention. The unique approach in her masterclasses and workshops is based on the latest neuroscience, leadership, and intention research findings.

TOP EMBODIMENT TIP: Be clear of your intention, and hold it lightly.

Intention Matters: It's Important To Be Clear But Then 'Hold It Lightly'- To Create The Life You Want

- Unexpected things can emerge which can be helpful; don't get rigid about how you expect things to unfold.
- Be clear, have faith, stay vigilant, and **take opportunities** when they arise.
- Conscious and unconscious intentions underpin your every action.
- Definition: A **deep sincere desire underpinned by a belief that it is possible.**
- Your brain is your servant - give it clear instructions!
- **Check in with the body** - does it feel right?
- If you have limiting beliefs, start where you are. As things start to happen your **belief will grow.**
- Great intentional stability and pre-startup intentions are important in business.
- Motivation has little impact on behavior but **implementation intentions have big impact.**
- **Micro intentions** (moment or day changing) have a **powerful impact**, “it is my intention today to...”.
- **Core intentions** are potentially life changing, and aligned to purpose.
- **Mega intentions** are world changing, and are also aligned to purpose.

The I Am Model: Everything Is Controlled By The Mind - Let It Help You!

- Start to get it working for you in the background.
- Start with the deep sincere desire.
- **Allocate attention, which will activate will** - this all happens in the mind.
- The mind will then task the brain to **harness cognitive processes that help you towards intention.**
- This **leads to the body taking action**, which leads to **things happening** in the world.

Goals vs Intentions: Goals Are Future Oriented, Narrow, Fixed; Intentions Are Present Oriented, Arise From Deep Within

- SMART goals are less effective than clear intentions.
- To move from goals to intentions, shift **from thinking to feeling to knowing.**
- Mindfulness turbocharges intention.

❖ **Books:** [Intention Matters](#)

❖ Website: <https://aheadforwork.com>

Juliet Adams





All Meditation & Breathwork Presentations are Proudly Sponsored by

Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

the
**embodied
present**
process