

February Video

Intenttness

Preview Questions

- Brainstorm what Intenttness means to the group.
determination, persistence, concentrating on your goals until you reach them
- Brainstorm what how you can demonstrate or show intenttness.
- Do you think that intenttness in your classes can help you do better? How?

Post Show Questions

- What were some of the examples of intenttness in the video?
- Does a person need to have talent to be good at something? Why or why not?
"if you work hard at anything for a long period of time it starts to look easy."
- If you want to create a plan to get really good at something, what do you need to do?

- To have intenttness, it's important to stay focused on what you want to do. What did Bryan describe could happen if you are not focused?
Sample of getting sidetracked by better paying job, another opportunity, etc. that leads you to be way off where you originally wanted to be.
- Bryan describes several different "keys" to intenttness. As a group, brainstorm as many as you can. Explain why each is important.

<i>Focus</i>	<i>Work hard</i>
<i>Determination</i>	<i>Tenacious</i>
<i>Don't quit when it is tough or not going well</i>	<i>Patience</i>
<i>Set goals - know where you want to go</i>	
- Patience is a big part of intenttness. Explain why.
- Bryan has persevered to have the life that he has always wanted. How can intenttness help you have the career and life that you want?
- In what aspect of your life do you show intenttness? Does this help or hurt you? Explain.
- Share an example of how your intenttness helped you to succeed.

Pyramid in Action

- John tells us that to be intent we need to set goals, write them down, and stick with them. Write down a long-term goal about where you'd like to be in 10 years. Set two short-term goals to help you head in that direction.