

# QRC INTENTION

Based on Intention, QRC by Henny Portman, dec'2020

Intention is a state of mind with which an act is done. It's having the mindset, attention, or personal will to concentrate on something or some end or purpose.



- Who influence your story?
  - In what situations?
  - Which will help/hinder?
- Your characters



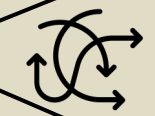
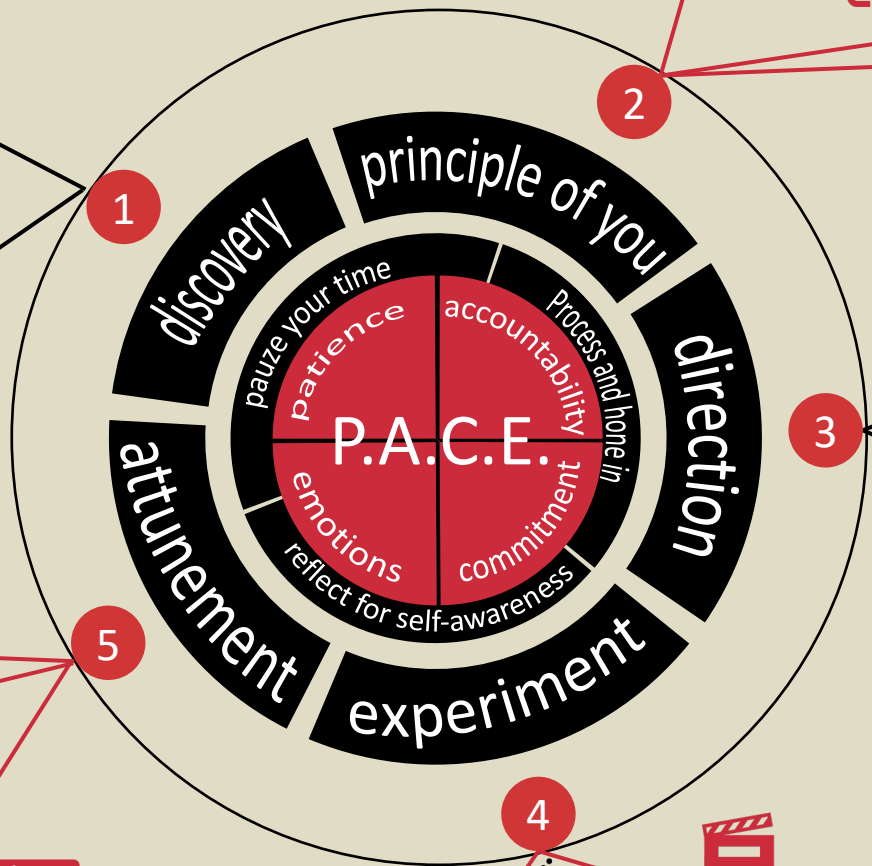
- Impact?
  - What aspects bring out specific characters?
  - Challenges on ability to improve your story?
  - How can you alter your interaction?
- Your environment



- Willing to do?
- Non-negotiable?
- Influences?
- Restrictions?
- Unintentional consequences?
- What to do?

Operate with Intention: Pause. Process. Reflect.

- What is your perceived need to change or alter your story?
- Based on this need or perceptions, what factors support your assumption that you need to change?
- What behavioural theme or themes come up through your responses that cut across your current situation in your life?
- As a result of your themes, which of them most resonates with you to start with first?



- priority?
- willing and not willing?
- Operate with intent?
- measure consistency?
- Support, where?
- Return on enjoyment?

Last week

- Success?
- Habits to build on?
- Looking forward to, and why?
- Missed opportunities?
- More focus?

Coming week

- Priority?
- Support, where?
- Break, when?

Monthly check-in

- Consistent with actions?
- Progress?



Note to your future self



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Actions

- manage, alter, or stop routines?
- New routines?
- Support, where?
- Break, when?

