



G and T Coaching

Discover Your Path of Growth and Transformation

Creating Intentions

Name: _____

Date: _____

Clear intentions make growth purposeful. Without them, self-improvement can feel vague or inconsistent; with them, your efforts become focused and meaningful. Approaching personal growth with clear intentions enhances coherence (a clearer sense of how the pieces of your experience fit together) and agency (the felt sense that you can influence your direction). Both are strongly linked to well-being, purpose, and forward momentum.

Whether this is your first introduction to the Growth and Transformation Model or you've been working within it for some time, this process is designed to clarify two key things. First, where you are now; second, what you want to move toward.

Step 1: Complete the Life Satisfaction Survey

The survey below provides a snapshot of your current experience. Rate each area from **0 to 10**, where 0 means completely dissatisfied and 10 means completely satisfied. If an item does not apply to you, enter **N/A**.

- | | |
|--|-----------------------------|
| 1. Self-improvement _____ | 11. Life purpose _____ |
| 2. School or Work performance _____ | 12. Self-esteem _____ |
| 3. Job or career direction _____ | 13. Confidence _____ |
| 4. Positive emotions and fun _____ | 14. Motivation _____ |
| 5. Friends and close relationships _____ | 15. Hope _____ |
| 6. Home environment _____ | 16. Stress management _____ |
| 7. School or Work environment _____ | 17. Money _____ |
| 8. Self-control _____ | 18. Physical activity _____ |
| 9. Goal setting and achievement _____ | 19. Determination _____ |
| 10. Time management and organization _____ | 20. Sleep _____ |

Respond honestly and without overthinking. This is not an evaluation; it is orientation. When you finish, briefly notice which areas feel most important, most satisfying, or most in need of attention.

Step 2: Review the Intentions

The survey shows you where you are. The intentions clarify where you want to direct your attention. The *Growth and Transformation Model* becomes most effective when guided by clear intentions, not rigid goals, but steady themes that shape our exploration and practice. Read through the list and notice what resonates.

Understanding the Past

- A. Healing the emotional impact of earlier experiences without reliving them
- B. Recognizing how past environments, family systems, and cultural influences shaped current moods, beliefs, coping patterns, and sense of self
- C. Letting go of shame by understanding that many behaviors and self-beliefs were adaptive responses to difficult or invalidating environments
- D. Developing compassion for younger parts of yourself that carried fear, grief, loneliness, or a sense of not being enough
- E. Learning to forgive, including forgiving yourself

Strengthening the Present

- F. Becoming less reactive and more emotionally regulated
- G. Feeling safer and more settled in your body
- H. Reducing anxiety, overwhelm, and emotional shutdown
- I. Moving away from addictive or compulsive behaviors
- J. Managing stress, responsibility, and pressure more effectively while developing greater flexibility and fluidity in your responses
- K. Being more present, emotionally available, and connected in relationships
- L. Learning to relax and experience moments of joy, play, pleasure, and renewed vitality
- M. Developing the ability to pause several times per day for brief mindfulness breaks to notice, feel, and reset

Orienting Toward the Future

- N. Clarifying what feels meaningful and worth pursuing
- O. Developing a clear sense of purpose and direction
- P. Feeling stronger, more confident, and capable of meeting life's challenges
- Q. Experiencing curiosity and gratitude as part of a growing engagement with life
- R. Lifting the persistent fog of depression or emotional heaviness
- S. Gaining clarity about your identity, values, and place in the world
- T. Building a sense of hope grounded in understanding, growth, and intentional action rather than wishful thinking

Step 3: Select and Record Your Intentions

Choose **four or five intentions** that feel most relevant at this point in your life. There is no correct combination. Select the ones that feel meaningful, necessary, or energizing.

Record the letters and statements in one clear place, a journal, a printed copy of this document, or a note that you can easily revisit. These intentions will serve as guiding themes as we engage the *Growth and Transformation Model* together.

Intention #1: _____ Intention #2: _____ Intention #3: _____ Intention #4: _____ Intention #5: _____

When awareness of your current experience is paired with clearly chosen intentions, growth becomes deliberate rather than accidental, and more grounded in clarity, choice, and meaningful direction.