

THE TRUTH ACADEMY



INTENTIONAL

**FEATURED STUDY:
INTENTION SERIES- 4-PART VIDEO SERIES**



WEEK ONE:

Setting Your Day Up With Intention

FILL IN THE BLANK NOTES for VIDEO 1!

Recommended Book: How to Have a Good Day by Caroline Webb

and determine our perception.

Our brains are amazing because they automatically filter things for us!

When you decide something is important, your brain will look for evidence all day long to set your case up!

Our attention can be healthy for us, but sometimes it can hurt us too.

What we look for is what we see.

What is important to you will stand out to you!

With our automatic brain, we can set up systems in our life to what is important to us throughout the day.

As we change our intention, our brain filters .

"Watch over your heart with all diligence, for from it flow the springs of life"
-Proverbs 4:23 (AMP)

Challenge: Where do you need to "EDIT" your brain this week? What are you focusing on that isn't bring fruit to your life? What do you need to do in order to fix that?

Declaration: I will focus on the GOODNESS around me that God has displayed before me.

(**Answer Key:** priorities, assumptions, selective, prioritize, change)



WEEK TWO:

How To Go From Autopilot To Conscious Loving

We must set up our days 'to happen' before they 'happen to us'

Three A's for conscious living:

The first A is _____ and ask yourself these questions:

- What is my aim?
- What does success look like for me?

If we don't know what we're shooting for, we will miss the target.

The second A is _____ and ask yourself these questions:

- What is my attitude?
- What is going on within me?

Recognize the moods you are in and the concerns you are experiencing.
Are my concerns legitimate or is it a distraction from my aim?

The third A is _____ and ask yourself these questions:

- What needs my full attention today?
- Where do I want to put my attention today?

Ask yourself "What do I want to see more of today", then make sure you're looking for it!

Challenge: Before you go to bed tonight, set some time aside to think about what your intention will be for tomorrow. Grab a piece of paper and just brain dump everything that is circling your mind and just focus on your top three priorities for tomorrow.

Declaration: I am powerful enough to set aside what no longer serves me.

(Answer Key: aim, attitude, attention)



WEEK THREE:

Priorities vs. Assumptions

Priorities and assumptions determine our .

Assumptions: the things we believe are going to happen.

It is important to check and challenge any assumptions we have as we begin our day.

If you assume or life as a certain way, you are going to add things up all day to build your case.

Confirmation Bias: whatever we perceive to be the case, our brains will automatically confirm it whether we believe it or not.

How do we check our bias? We need to realize that how we perceive life is not like everyone else does.

How do I know if I have confirmation bias? We default and use language. For example, we use words such as: *Always. Never. Completely. Totally. Terrible.*

How do I combat bias? You have to ask yourself good questions such as:

- What negative assumptions do I have about this person or situation?
- What am I likely to focus on to confirm my bias?
- How can I challenge my negative assumption?

You can also ask yourself these questions, also known as the A.C.C.C.

A = What is my ?

C = What is my ?

C = How can I that? (my assumptions and confirmations)

C = : What is that one thing I can see that disproves my confirmation bias around this topic?



WEEK THREE:

Priorities vs. Assumptions

Challenge: When checking your assumptions this week, I want you to intentionally ask yourself these two questions. “Is that really true?” and “Have I checked into that?”

Declaration: I have been called by God to live a VIBRANT life.

(**Answer Key:** perception, perceive, absolute, assumption, confirmation, challenge, counterevidence)



WEEK FOUR:

Starting the Day Right

HABITS VS. ROUTINES VS. RITUALS:

Wondering what the difference is between habits, routines, and rituals?

are things that we do automatically—things like checking your email first thing in the morning or putting your keys in a specific spot when you get home.

are usually a collection of habits or actions you do on a regular basis to bring order to your day—checking your email, then writing your day’s to-do list, then checking your team’s project management tool as a way of getting the day started.

are like routines. The main difference is the attitude behind the actions: Taking a walk every day at lunch could be considered a routine if you think of it as something you need to do for your productivity. Or it could be a ritual if you think of it as a way to break out of the mundane and enjoy nature.

While we’re focusing on habits and routines here, most routines could be turned into rituals with a change of

STARTING THE NIGHT BEFORE Example: Clean Up the House before going to bed or laying your clothes out.

Challenge: Take a blank sheet of paper out and write everything you can think that you need to do! Then select the TOP 3!

Declaration: I have the ability to create lasting habits, routines, and rituals that bring me abundant life!

(**Answer Key:** habits, routines, rituals, perspective)

