



The Intention Solution

1

THE DREAM

What is your goal?

Get clear on your intention. Be clear and specific.

What is one small thing you want to improve?

How do you want to feel after it's done?

2

THE BARRIER

What is the usual obstacle, the temptation, the trigger that keeps you from completing this goal?

This is your "IF" statement.

Ask: "If my typical excuse comes up to not act on my goal, what will I do differently this time?"

3

THE PLAN

Connect your barrier to a new, forward-moving action. This is your new autopilot statement.

"If [BARRIER], then I will [NEW ACTION]."

What can you do to cross the usual barrier?

Make it so easy you can't say **NO**.

4

THE MENTAL REHEARSAL

Rehearse your autopilot statement daily.

Imagine yourself performing your new action from Box 3.

Feel the relief, pride, accomplishment, etc.

This strengthens the neural pathway.

5

THE GOAL

Follow through, even when resistance shows up.

If you don't meet your goal, own the miss. Acknowledge it, then reassess what got in the way.

Keep facing the truth behind your hesitation. It will eventually fuel you to move forward, one step at a time.

To make your new plan stick, put it where you'll see it. This is called a **placement cue**.

- **Bathroom Mirror:** For morning/evening routines.
- **The Front Door:** For transitions.
- **The Fridge or Pantry:** For nutrition goals.
- **Your Bedside Table:** For sleep or morning routines.
- **Your Workspace Monitor:** For focus goals.

Digital Placements:

Phone Lock Screen: Take a screenshot of your finished plan and set it as your lock screen.

Sticky Notes App: Put your "If-Then" plan on a sticky note that lives on your home screen.

Habit Building Apps:

Habits: Free unlimited features for habit setting

Craft Routine: A more gentle approach to building consistency without pressure/shame

Balance or Calm: Incorporate meditation, sleep and habit tracking all in one

Do Habits: A beginner friendly habit tracker starting with your first 3 goals

Remember...

You don't have to wait for motivation.
You don't have to rely on willpower.
You just have to follow your plan.
You are the director of your life, and this is your blueprint.
Use it daily. Share it with someone you love.
Stay accountable. You got this!





Plan Examples

- 1.)** IF I FEEL OVERWHELMING ANXIETY AND THE URGE TO RESTRICT/BINGE, THEN I WILL OPEN MY 'DISTRACTION LIST' AND CHOOSE ONE ACTIVITY TO DO FOR 15 MINUTES. (SET A TIMER)
- 2.)** IF MY PARTNER SAYS THEY NEED SOME SPACE AND I FEEL THAT WAVE OF PANIC AND ANGER, THEN I WILL SAY, 'I'M FEELING OVERWHELMED, I NEED TO TAKE 10 MINUTES BEFORE WE CONTINUE THIS CONVERSATION.'
- 3.)** IF I AM AT A WORK GATHERING AND I START TO FEEL THAT URGE TO FIND AN EXCUSE TO LEAVE EARLY, THEN I WILL ASK ONE PERSON A QUESTION ABOUT THEMSELVES AND LISTEN TO THE ANSWER FOR TWO MINUTES.
- 4.)** IF I PUT ON MY WORKOUT CLOTHES AND STILL FEEL RESISTANCE, THEN I WILL COMMIT TO JUST 20 MINUTES OF MOVEMENT—A WALK AROUND THE BLOCK OR A SINGLE YOGA FLOW—AND GIVE MYSELF FULL PERMISSION TO STOP AFTER THAT.
- 5.)** IF MY ALARM GOES OFF, THEN I WILL IMMEDIATELY SIT UP, SWING MY LEGS OUT OF BED, AND TOUCH THE FLOOR WITH BOTH FEET BEFORE I CAN OPEN MY EYES ALL THE WAY.
- 6.)** IF I HAVE BEEN IN THE SAME POSITION FOR TOO LONG AND FEEL FROZEN, THEN I WILL GO HOLD A COLD WATER BOTTLE OR AN ICE CUBE FOR EXACTLY 10 SECONDS.
- 7.)** IF I AM AVOIDING A TASK, THEN I WILL TEXT ONE FRIEND AND SAY, 'I AM DOING THE THING IN 60 SECONDS. YOU ARE NOW MORALLY OBLIGATED TO ASK ME IF I DID IT IN ONE HOUR. NO PRESSURE, JUST WITNESS.'
- 8.)** IF I AM STUCK AND AVOIDING SOMETHING, THEN I WILL TAKE THREE DEEP BREATHS, SHAKE MY BODY AND IF I STILL FEEL STUCK AFTER 3 MINUTES, I AM OFFICIALLY OFF THE HOOK FOR 20 MINUTES WITH ZERO GUILT.