

TODAY'S DATE

PROJECT NAME OR CONVERSATION

5 STEPS TO INTENTIONAL IMPACT

PRE-MEETING, CONVO, OR PROJECT

1 Outcomes

What you want to have happen

2 Impact

The emotional impact: how you want them to feel, how you want to feel

3 Show Up

How you'll have to show up to create your outcomes & impact

4 Believe

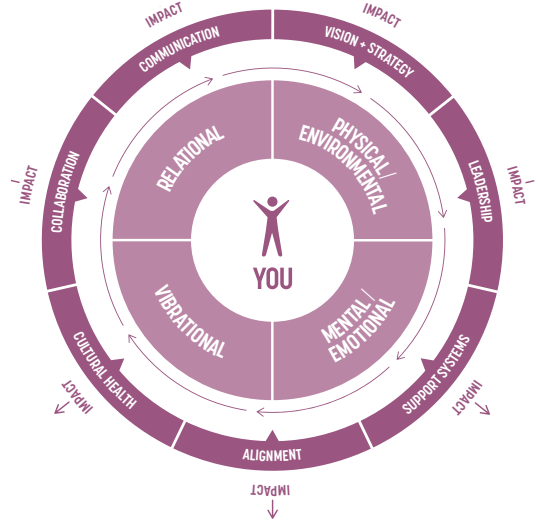
What you'll have to believe to show up that way

5 Action

What you'll have to do before / during / after

IEP FOUNDATION

MARK 3 THINGS YOU'LL DO TO OPTIMIZE



REBOOT

MOMENT TO MOMENT

- 1 Notice
- 2 Envision / Intend
- 3 Take Care
- 4 Step In
- 5 Rinse & Repeat

TODAY'S TAKEAWAY

REFLECT & INTEND

I had impact

Tomorrow I intend

5 MAGIC QUESTIONS

EXPLORE YOUR IMPACT

Am I having the impact I want to have?

Do I feel the way I want to feel?

Do people follow me because they **want** to or **have** to?

What culture am I personally creating?

How am I aligning with my values today?

WATER

COLOR IN FOR EACH 8oz TODAY



GRATITUDE

WHAT OR WHOM CAN YOU BE GRATEFUL FOR TODAY?



For more info on how to properly use this form:
www.anesecavanaugh.com/iepsheet

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Who I am becoming:

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.....
.....
.....

What I am committed / devoted to creating this week:

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.....
.....
.....

Why this is important to me and my purpose:

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.....
.....
.....

Who it impacts and is in service of:

.....
.....
.....
.....

Agreements with myself to make this happen:

- What my self-care will look like
- What I am saying yes to
- What I am saying no to
- Who I will ask for help
- Who I will contribute to
- What story I will nourish/support/heal
- Anything else important to me

BREAK IT DOWN

SCHEDULE

5:00 AM

6:00

7:00

8:00

9:00

10:00

11:00

12:00 PM

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00

10:00

Remember the "Portal of Purpose & Impact"!

1. Clarity of Intention
2. Powerful Proclamation
3. True Presence
4. Commitment to Service
5. Openness to Magic

Remember "Quick Grounders"!

1. Breathe, get present, get grateful, get curious...
2. How am I showing up?
3. What kind of contagious am I?
4. What's the littlest thing I can do?
5. What is my intention?
6. What is my intuition here?
7. What would my best aligned self do/be?