



# RICHMOND BROTHERS

## Richmond Refreshers: Intentions “Closed Captions”

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Hi, I’m Dan with Richmond Brothers, and I’m here to help you launch into the upcoming year with a great mindset. We may be a couple of weeks in, but that’s typically the time a large percentage of us who use resolutions might start to see our goals starting to slip a bit.

In this video, I’m going to talk about three simple (but powerful) questions you can ask yourself to set the stage for an amazing year, even when so much around us is unpredictable and up in the air.

One question before we start: why set goals or intentions at all?

Sure, you could just show up and wing it, but if you’re watching this video, I bet you’re someone who wants more out of life.

And starting your year with a focus on where you want to go, is a great way to be more mindful of what you take on and how you spend your time.

Ask yourself:

1. What do I want more of this year? Is it time? Travel? Experiences? Commit these ideas and goals to paper.
2. How do I want to show up for my family, friends, and community? Who is most important to me and how can I invest in those relationships?
3. What do I want to get better at this year? Personally? Professionally? Mentally? It’s all fair game.

As we close the door on last year and set the stage for the New Year, there’s a lot that is beyond our control.

That’s why setting a direction is so critical: we can achieve incredible things by paying attention to what’s most important to us and intentionally focusing on improvement.

To throw a sports analogy at you: a player can’t control whether their team makes it to the championship, but they can improve their odds by perfecting a skill, improving their mental game, and supporting their teammates.

Thanks for watching. Whatever this year holds, we hope it brings you joy, excitement, and prosperity.

If you have a question about what I've discussed with you or you'd like to speak personally about what's going on, please use the form below to send us a message.

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*Sources:*

<https://insideoutmastery.com/new-years-resolution-statistics/>

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