



Women Coaches
Academy

Intentional Living

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Intentional Living



Definition

Intentional living is about knowing why you do what you do *and* why you don't do what you don't do

Definition

- It means you are purposeful in your word and action.
- It means you live a life that is meaningful and fulfilling to you.
- It means you make thoughtful choices in your life.
- Being **intentional** means you actively interact and engage with your life.



Definition

Intentional living is any [lifestyle](#) based on an individual or group's conscious attempts to live according to their values and beliefs. These can include lifestyles based on religious or ethical values, as well as coaching, personal transformation, and leadership training.

Intentionally Building Your Life's Plan

- Purpose
- Vision
- Commitment
- Motivation
- Courage

Purpose



Passion + Daily Action=
Purposeful Life

Finding Your Life's Purpose

- If you didn't have a job, how would you choose to fill your time?
- What makes you forget about the world around you?
- What issues do you hold close to your heart?
- What kind of conversations do you have with your closest friends?
- What's on your bucket list?
- If you had a dream, could you make it happen?

--Helping to Grow Leadership by George Ambler



Vision



“If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they may have planned for you? Not Much.”–Jim Rohn

Creating Your Personal Vision

- **What are you working towards personally, professionally, spiritually?**
- **What kind of person do you want to become?**
- **What do you want your finances to be like?**
- **What do you want your body of work to look like?**
- **What legacy do you want to leave behind?**

--Helping to Grow Leadership by George Ambler



Based on your response to the questions on the previous slide, create your Vision for next year by asking yourself the following:

- 1) What is next year going to be all about?**
- 2) Where are you going to focus your time, money, and energy?**

Commitment



Commitment= A promise to
do or not do something

Commitment

- **What are the things you are 100% committed to?**
- **What are the things you are not 100% sure about?**
- **Determine Why you are not fully committed**

-Craig Sroda: *What's Your Commitment Level*

Actions

- Set priorities that align with your commitments
- Remember: Commitment=Promise
- Put yourself in a position to honor your commitments
- Take accountability for your actions

-Craig Sroda: *What's Your Commitment Level*

Motivation

Don't be the same,
be better!

life advice

Definition

Motivation is the key difference between those who create success and those who experience failure. To maintain lasting motivation we must be intentional. Once you develop the habit of being intentional with your consistent actions, motivation becomes a natural part of who you are.

Motivation

- Describe the work environment or culture in which you are the most productive and happy.
- What's your biggest dream in life?
- In your experience, what draws forth your discretionary energy and effort, that willingness each person has, to go the extra mile, push harder, spend more time, do whatever it takes to get the job done?
- What, in your experience, motivates your best, most successful job performance? Write down an example of this motivation in action in the workplace?

Courage



Definitions

- The ability to do something that may frighten you.
- Is the choice and willingness to confront agony, pain, danger, uncertainty, or intimidation.
- It is staying true to what you believe in the face of adversity.

--Courageous Leadership

Questions

- In what areas of your life do you need to be more courageous?
- What is the next courageous thing you want to do?
- Besides yourself, who needs your courage most?

When you act with courageous intentionality, you become a sort of storm-chaser, actively searching for challenging opportunities in which to apply your courage. The shift moves you from someone who life happens “to,” to someone who makes life happen.

--Courageous Leadership