

## Act with intention

Acting with intention means becoming more conscious of the impacts of your actions and choosing to act in ways that contribute to your wellbeing and goals. The insights from completing the grid below can suggest what topics to bring to our coaching sessions.

**Start**

What activities do you need to start, to reach your important goals?

**Do more**

What do you want to do more of, because they help you reach important goals?

**Keep doing**

What activities do you want to maintain at about the same frequency and intensity?

**Do less**

What unhelpful activities would it be useful to do less of?

**Stop**

What unhelpful activities do you want or need to stop?

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A neuroaffirmative life coach who listens without judgement to create safe, creative thinking spaces.  
Remarkable conversations for breakthrough moments. Transformative changes for deep, lasting impacts.  
If you can't think it through on your own, I'll help you make it happen.

Let's start your own remarkable conversation: [guilmantcushcoaching.co.uk](http://guilmantcushcoaching.co.uk) [guilmantcushcoaching@gmail.com](mailto:guilmantcushcoaching@gmail.com)