**Livestream Transcript: Powerful Intentions**

Hello Thank you for being here. And for those of you who don't know me, I'm Doctor Diely Pichardo Johansson. I am a physician retired early. A life alignment coach and a number one Amazon best-selling author.

And you’ll notice that I have an accent, please don't let that worry you. Um most people say that after a while, your ear gets adjusted to it, you start understanding me better and then, in the words of my beloved very white American husband, then it just becomes endearing and a source of amusement.

My intention today is to leave you with a series of simple steps so you can create your own intention, but even more than that it is to raise your awareness, to give you a taste of a different reality, of a different type of life. Because, let's face it, no goal is going to make us happy for long. We are humans; once we get a goal, we're going to move on and want another one— or we're going to find an reason to worry.

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However, every process of pursuing a goal can transform us into a different person. And that process of growth and self actualization is why it's worth it pursuing goals and dreams. An example of that, is this beautiful location where we are here today. I'm setting this live stream from my backyard in sunny Florida where we started the day with 55 degrees that was outrageous for what we're used to.

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Everybody had their coat coats out and gloves and hats because here, if it goes below seventy, we don't know what to do with ourselves. Um I would love it if you can type in the in the comments where you're coming from and where are you watching this video from? Um your state and if you give me a little comment of how the weather is there even better.

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So once upon a time I set a clear whole Intentions that I was moving to Florida from the brutal Midwest winters where I used to live in when I was in training at Northwestern. And that whole hearted intention drove me through the difficult moments. And yes, the first objection I hear when I talk about how important intentions are is people who say, “all intentions are useless unless you do hard work.”

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Oh absolutely yes, hard work is important.

However, I bet you, I guarantee you that **if you ever set a goal or an intention and then you failed to take action [toward it], that means that you were half-hearted about it**, that means that you didn't have a strong sense of commitment and connection to that goal. And that is what we're going to be talking about today.

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So today the first thing I want to mention is that **an intention and a goal are not the same thing**. Some of my clients are surprised to hear this. Some already know it. A goal is a concrete, measurable thing you want to obtain, that has a time stamp on it. For example, “my goal is to make a million dollars by the end of the year.”

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However, the intention is deeper and it's something I always want you to set before setting the goal. **The intention is *why* do you want this? How do you want to *feel* when you achieve this?** For example, why do you want to make a million dollars by the end of the year? “Because I want financial freedom. I want peace of mind. I want to feel safe and secure and provide for my family. I want enjoy life and I want to be generous with others.” That is more powerful than any goal and we need to know it *before* we set any goal. Because what happens when we get too committed to a goal without being clear in our intention? What happen to the person who says, “I'm going to make a million dollars, that's my goal.”

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What is going to happen when if this starts robbing away your freedom? The typical example: being a job you hate. In theory, that job was going to bring you financial abundance. That new business was going to bring you the million dollars but you wanted the million dollars because you wanted peace of mind and freedom— and this job is stealing away your freedom, stealing away your peace of mind, your joy of living. You get the point. **When we find out that our goal contradicts our intention, is time to revisit the goal**

So, that is why is so important to differentiate between the two of them. **And why do we want to set a [wholehearted] intention the way I'm encouraging you to do it? First of all, because it's going to improve your chances of success dramatically.**

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What happens when we set an intention but there is a contradiction? We are going to be split. Our energy is not going to be focused. In the best-case scenario, we may not action. In the worst-case scenario, we will take the wrong action and sabotage ourselves. And **there are three types of contradictions that I want to warn you about**. The first one is when our goal or our intention contradicts another need, another priority in our lives. For example, let's use the example, “I want to lose weight, I want to lose 10 pounds by April.”

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What happens if the there's another little voice inside you saying “but the only joy I have in my life is my sweets. I'm working super hard, I'm super stressed out. I'm going through a lot right now, and my only joy and the only moment of the day when I give myself some love is when I'm having my sweets.” There is going to be a huge contradiction that is going to send send the message “if I exercise I'm not loving myself. If I eat healthy, I'm depriving myself I'm not giving myself what I really need.”

So that's the first contradiction to watch for. The second one is when your intention contradicts a value. “I want to eh lose weight. But a part of me thinks that caring too much about my appearance is vain. I I don't like to feel that I am superficial. I want to think that the only thing important is what's in the inside.”

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That also is going to contradict our efforts. And the third one and most important of all is when the goal contradicts your identity. The example in this case would be “I want to lose weight but I don't want to be a ‘skinny bitch.’ I am the happy curvaceous, glorious, goddess, beautiful. I don't want to lose weight and be like the skinny bitches I’ve know.” Or like in my case before I became a gym rat, I'm very proud of being a gym rat now for a couple of years [but I used to say] “I'm a nerd. I'm an intellectual. I am not a jock. I am not a person who exercises.”

By you going through this process with me, you will be uncovering some of this. Just by uncovering [these contradictions], you are in advantage. By bringing them to awareness.

So, my I promise you my promise to you is that by the time you go through this process with me you're going to first, like I said maximize your chances of success by avoiding all this split energy. Number two, equally important **you're going to minimize your chances of unhappy success.** Because there's nothing worse than getting a goal and realizing, “I have been working so hard climbing this mountain and it was the wrong mountain.”

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By knowing not only what you want but also *why* you want it, you are maximizing your chances of tweaking the process as you go, to make sure that, when you get there it is what you wanted.

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So, the last reason why I want you to pay a lot of attention today, not only this process will help you maximize your chances of success and minimize your chances of unhappy success. **This process is going to maximize your chances of being happy now.** When we know why what we want but also know why we want it, we can pay attention to the resources in our lives that can lead us to those feelings.

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You don't necessarily have to wait to achieve the goal, to get what you want in your life, [before being happy]. Being happy wherever you are, that's one of my favorite topics. “Wherever you go, you bring yourself with you.” I tell my clients. And one of my favorite sayings by Marie Forleo, “The fastest way to the life you want, is to show up fully to the life you have now.”

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So that is something that I would love to talk more about if you need more help on that type happy now in the boxes and we'll plan a live stream or I will dig some resources and that can help you with that with being happy now before you get your goal.

Okay, so without further ado, here are the five steps that you're going to be taking in order to write a powerful whole hearted intention. [One] that leaves no room for second guessing and wasted energy, and ensures or [at least] increases your chances of success.

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Ready? **Step number one is relatively easy. What do you want?** And I say that kind of ironically, it's not *that* easy. A big number of my clients come to see me precisely because they say “Diely, I don't know what I want”. The majority of those cases is not true. We know what we want, but we don't dare say it. We believe it's impossible. “Why do I even botter?” We believe that to get it we have to give up something else.

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So absolutely, if you are right now saying, “I know what I want but it's impossible,” please suspend your disbelief for a moment. We will tackle that a little later. And just say, “best case scenario, if I could have it my way without figuring out the how, what do I want?” If you happen to have a goal right now, feel free to type it in the comment boxes, even if you're watching this in the live stream, it will help you commit to it.

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So that is the relatively easy step, what do I want? **Step number two, why do you want it?** I want you now to get deeper. I want you to ask yourself **why do I want this? How do I want to feel when I get this?** And I want you to dare to take this several levels deep. For example, the example we said earlier, I want to lose weight.

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Why? For someone can be, “because I need to be healthier. Losing weight is going to help me get my hemoglobin A1C under control. [It’s going to improve] my diabetes or high blood pressure.” or “I know that I need to be healthier, and [I need to get into] a healthier BMI.” For someone else may be, “I want to lose weight because I want to look good in my bathing suit for spring break.” or “I want to feel proud of what I see in the mirror.” Find out why do you want this? And once you have it, describe it. Go deeper and tell me, why? Why? How do you want to feel when you obtain that? “I want to lose the weight because I want to feel energetic, vibrant, I want to feel full of hope for the future.”

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“I want to lose weight because I want to look good in my clothes. I want to feel proud of myself. I want to feel that I love what I see in the mirror.” Just by taking this step, you are already in advantage with in comparison to most people. Because once you know that, you can ask yourself, how can I start doing that now? Perhaps to feel happy with what I see in the mirror, I can start by getting myself clothes that fit.Or have a haircut. Let's start *now* by doing this.

Also, [knowing why you want something] will prevent you to do get so lost in the goal that you deprive yourself from what you really wanted in the beginning. If what you wanted was to feel healthy and energetic, and you're in a diet that is making you have a low blood sugar and be cranky and miserable all the time, that is contradicting your goal. It has to be revisited. If your exercise program or your diet is making you hate yourself and be in a bad mood be a biatch to everybody—then you are not really going to be proud of what you see in the mirror.

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So knowing not only what you want but also why you want it is crucial to write a whole hearted intention. So step number one, what do you want? Step number two, why do you want it? And go deep even one more level. How do you want to feel once you obtain it? So far not that hard, right? I encourage you to get yourself a journal and elaborate.

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(I always have beautiful journals around. This one is even kind of matches my outfit. Because I believe that everything you own should make you smile. Life is hard enough and it's going to give you enough challenges. But when you give yourself pretty things to look at and you smile every time you see them, you are giving yourself a little uplifting. Do you have anything any a journal that is pretty and that you like?)

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Okay, so the step next step is a little trickier but it's very important. Perhaps, when you started writing this intention you already heard the contradictions, “but I don't want this” or “this is impossible, why do I even want it?” And this is the moment to bring them on; to get them out, and to clarify more of what's holding you back

**I want you to answer this question, and this is going to be step three: “I do not want this because”**

And you may say, “Wait, wait ,wait! I *do* want it.” But humor me. Imagine that you don't want it and answer the question. “I don't want this because.”

In the example of the weight loss we already mention some [objections]. “I don't want this because then I have to deprive myself from the only joy of in my life, which is my sweets.” But there are deeper things than that that I encourage you to explore. My biggest example of that is finding love, in my own experience, and the experience of some of my clients.

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I used to say, “I want a romantic partner in my life, because I want companionship and joy and connection; and feeling that I belong with someone.” “*But* I don't want it. Because I don't want someone controlling me. I don't want someone that is going to be giving his opinion about everything I do. I don't want someone who's pathologically jealous like my ex. I don't want someone who's messing up the house and I have to clean up behind themselves.”

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All these things, I encourage you to put them in black and white. “I don't want this because…” What is your “but”? “I want this *but* I don't want that.”

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Ready? I want you to take your time. Pause this if you're seeing this as a recording. Journal, take your time and I want you to really take your time with this.

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**Step number four** is going to get deeper, is going to get really practical here. **I want you to promise yourself that you are going to have A without B.** What do I mean? A is steps one and 2, what you want and why you want it. But promise yourself that you are not going to compromise, that you will no allow “B” [what you don’t want] to happen. And trust yourself that's true.

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For example, “I want a loving partner in my life so I can feel connected and loving; so I can feel I belong. AND I promise myself I will have that *without* losing my freedom, without having someone controlling me, without having to walk in eggshells.”

So this process can take you a little while but I want you to go deeper on all those objections and promise yourself that you're not going to allow that to happen.

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And before we go to the last step, **I want to take a moment to stop and acknowledge that some of these objections are not going to be easy.** Some objections are going to be depending on someone else, or we are afraid that they are going to affect someone else we love. The biggest example: when I had to make the decision to quit medicine, I knew exactly what I wanted and why I wanted it. I wanted a peace of mind, freedom, joy of living that this job wasn't giving me.

However, I was afraid that I was going to compromise the financial safety of my family. I was afraid that I was going to hurt my children if I if I found myself unemployed.

[Navigating those deeper contradictions] requires reconnecting with your values. Requires going deeper, and figuring out in what ways what you think is serving you is not. And, very importantly, **it requires differentiating what you want with what the world has told you that you are supposed to want**. Reconnecting with your true voice and not with what the world is telling you.

And I want to invite you to explore that more. Let's talk about working with me, one on one, or joining my upcoming group that is hopefully is going to start in March. I'm very excited about this. It's the first time I'm going to have a group that is going to be self-paced, in a way. You can watch the videos and trainings ,or you can be live. You can participate in questions and answers [sessions], and you can meet other people that can support you. The purpose of this group is to fast forward your spiritual growth and in this self actualization [process]. Because if we just continue living, by the time we are 90, we will have a lot of wisdom—but we don't have that much time.

We may not have that much time; take it from me, the cancer survivor. If there is anything you can do to speed up, to hit the speed up button for your personal development, your self actualization, your spiritual growth, [you want to do it}. [You want to do this, ] so the rest of your life ahead of you is more enjoyable, is more pleasant; is more in alignment with what your dreams where. I recommend that you do it.

**Let's talk. I really love help helping people go through all these objections. Helping them reconnect with their true voice and their authentic desires and then working on them.**

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Okay, so ready for the last step? **Step number five** is that **we're going to take this information** that we had in step number four. What we want and why we want it and how why we don't want it and how we are not going to allow this to happen **and we're going to translate this to fully positive language in first person, present tense**. What do I mean? In personal development, there's a saying that the strongest, the most powerful words in the language are the words “I am.”

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When you declare something after the words “I am,” you are be participating in the creative process of the universe. I am is the name of God and ( that's the spiritual explanation) when you say it as if it's already happening, you are reconnecting with your higher power. The psychological, scientific nerd explanation for that is: when you say things in present tense and starting with I am you are engaging your unconscious brain resources— neurological power that is unprecedented and way beyond what your conscious brain offers you so This is what you do.

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If you wrote “I want to lose weight because I want to feel better about myself. But I don't want to deprive myself from sweets.” You find a way to take away all the negative words. Deprived is a negative energy word. How can we translate that to positive? “I am losing weight, feeling healthy, feeling powerful and joyful and proud of myself *and* I am doing while allowing myself indulgences.”

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The example of the love: “I want a romantic partner but I don't want someone who's controlling me and stealing my freedom and messing up my house.” [instead] “I am in a loving committed relationship with someone who I love and respect who sees me and values me. We feel connected and are happy with each other *and* that person respects my freedom and helps me [encourages me] in being myself.”

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Do you see the difference? It immediately sends a different vibration, a different flavor, and makes you feel different.

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So **summary of the steps**. Steps step number one, what do you want? Step number two, why do you want it and go deeper? What how do you want to feel when you get that? Step number three, what are your objections? Why don't you want it? Step number four, promise yourself that you will have what you want without violating [betraying] yourself, without renouncing the other things that you want, without depriving yourself from the other thing that you want.

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Step number five, convert it into a statement that is fully positive present tense starting with the words “I am.” And I invite you to translate any negative word there into a positive word that leaves you energized.

I hope you enjoyed this live stream. **To request a print out of this, a PDF guide where I summarize this these steps. [email me] and I will send it your way.** And at any point, if you want to talk, [send me a message].

I hope you enjoyed this live stream, and see you soon. Bye.