



So you
Intended to...

What are you waiting for?

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FOREWORD

So you intended to... is a series that refocuses our attention on priorities, and promises we've made to ourselves, that may have become missed out opportunities in life. Whether it was something you had forgotten about, or just didn't seem to have the time to accomplish - So you intended to... What are you waiting for? Throughout this series, we will look at the moments you "intended to", diminish the postponements, build tenacity, and establish goals to make it happen!

FROM REGRET TO RECOVERY

PRINCIPLE 1: Happy New Year! Have you established goals or resolutions for yourself? Are they realistic, achievable, or simply because "everybody else" seems to be talking about it? As we counted down last year, we looked forward to 365 days of this new year. As we moved closer to the end of the year, many of us reminisced on the good days, bad days, precious memories... As we move forward in this new year, I want you to pause a moment and think about the regrets of the previous year. Ever wonder about what would have happened "only if", or the "if I could do it all over again" moments? In this segment, let's do just that. Many don't believe we should look at the past, especially regrets, but I think it's important to help us all move forward. From regrets to recovery, whatever the postponements, this year, you have the opportunity to diminish them.

Whatever the _____, _____, _____, they are all a part of life.
It's _____ to gain _____ on how to _____.

I. REVISIT: As students, you encounter obstacles in your academic, personal, and social life. As adults, we encounter the same challenges. In the back of your mind, there are those things that you intended to. The idea that stays there has a value, and for whatever reason, you have all but given up on making it happen. It is that thought or idea that revisits you when you least expect it. Think on those moments - Welcome to a New Year - so you intended to then, now let's make it happen!

II. RETHINK: Hmm... and you ponder of what could've been. There's nothing wrong with revisiting, and there's certainly nothing wrong with rethinking your priorities. Rethink that situation that prods, penetrates, and recaptures your thoughts.

Your intentions are _____ enough to _____ in your mind,
which means it's _____ enough to be _____.

What was your intentions, can't be escaped, that's why it's still there. As you rethink past regrets, ask yourself:
- What lies beneath your dreams, your fears?

Too often, people connect regret with failure. **Regret is a _____.** It does not mean you are a _____. It means you have come close to, but are so far from giving up! Guilt? Regret?, whatever it is, rethink what has held you back from the joys of life, recover the strength to make it happen, and strive for your personal best.

"Life's challenges are not supposed to _____ they're supposed to help you _____." - Bernice Reagon



Christopher GATES

From recovery to regret: (continued)

III. RECOVER: After revisiting, and rethinking, you have to recover from the regrets. Refocus your attention on the priority at hand - to take what you intended to do, and make it happen. Challenge yourself with rigorous, but attainable expectations!

Be _____ in making your past regrets _____ from memories of _____ to memories of “_____.”

FIND YOUR INSPIRATION

PRINCIPLE 2: Life has a myriad of situations. In every moment, you have to take the time to find what inspires you. We are all aloof at times, but regain your composure, and find your inspiration.

I. TAKE TIME FOR YOURSELF: We all need a little breather every now and then. Find a chance to rejuvenate yourself.

A. Find that one thing (or many) that you enjoy. Whether it's reading, art, music (playing or listening), skating, running, relaxing at the beach, all of which are my personal favorites. Expect the best, give yourself the best - after all, it's the little things that matter most.

B. Find that someone that inspires you. It may be one, or a group of individuals that you see the best in. Whoever they are, don't pass up the opportunity to have them help you diminish the postponements of your dreams. Whether you intended to reach out to a former friend, re-connect with a relative, work on healthy eating habits, and the list goes on. You know what you intended to, and you know the resolutions or goals you have established for the year. Always remember to take time for yourself and more than anything, keep promises to yourself.



Develop an _____ attitude and find your _____!

EXTENSION ACTIVITY

(use your Academic Notes sheet for this exercise)

So you intended to...What? In this activity, come up with a plan and establish goals to make it happen.

Develop a new plan - _____, _____, and _____ your plans for the future!

1. List specific descriptions of the goals you want to accomplish with a realistic deadline.
2. Next to each goal, write the reason you want to achieve it.
3. Create a list of obstacles that have(past) or may(future) hinder you from accomplishing your goals.
4. Next to every obstacle, list solutions to overcome the challenge.
5. Develop an "I have what it takes!" attitude. List three qualities you have to help you reach your goal.

(If you're having a hard time with number 5, ask a teacher, family member, or friend. They know your strengths, and you may discover things they see in you that you may not have known were there.)

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ALL BUT GIVEN UP: TENACITY

PRINCIPLE 3: All but given up is a reminder that it's an afterthought, but more so it's a thought. Regardless of the obstacles or barriers to making that dream or goal an achievement, you have all but given up! How could this be if I let it fester this long?, you may ask yourself, but you must clearly understand that the mere fact that it remains in your mind, means that you have all but given up. Don't second guess yourself. So what it didn't happen the first time?, it might have even gone past two (you know), but what matters more than anything, is that you can set it right.

I want to share one of my favorite poems with you. It is one that I read as an affirmation to the power we have over ourselves. After you read "You" by Edgar Guest (right), discover your challenge, and focus for the year.

As I discussed in a previous series, "You control you! Be tenacious in making what you intended to do, be something that you will do. We can never control what others say or how they feel about us. What's important, is what matters when no one is around, when you're all alone. Words have impact, and can control your mind - if you let it, but you decide how much you will allow it to take over.

- No ones _____ or _____ finalize _____ or _____.

- Mastering your _____ brings _____ to what you thought were your _____.

FROM THIS MOMENT ON

PRINCIPLE 4: Pursue your passion from this moment on! This is our chance to get it right. Make the most of this moment, this series, one that you can reflect back on and say, "I remember when I wanted to... and YES!, I made it happen". Make this one of the best years of your life. So you intended to... What are you waiting for?

"The true measure of a man is not how he behaves in moments of _____ and _____, but how he _____ at times of _____ and _____."

- Dr. Martin Luther King, Jr.

"You", by Edgar Guest

You are the fellow that has to decide

Whether you'll do it or toss it aside.

You are the fellow who makes up your mind

Whether you'll lead or will linger behind

Whether you'll try for the goal that's afar

Or just be contented to stay where you are.

Take it or leave it. Here's something to do!

Just think it over — It's all up to you!

What do you wish? To be known as a shirk,
Known as a good man who's willing to work,
Scorned for a loafer or praised by your chief,
Rich man or poor man or beggar or thief?
Eager or earnest or dull through the day,
Honest or crooked? It's you who must say!
You must decide in the face of the test
Whether you'll shirk it or give it your best.

Nobody here will compel you to rise;
No one will force you to open your eyes;
No one will answer for you yes or no,
Whether to stay there or whether to go.
Life is a game, but it's you who must say,
Whether as cheat or as sportsman you'll play.
Fate may betray you, but you settle first
Whether to live to your best or your worst.

So, whatever it is you are wanting to be,
Remember, to fashion the choice you are free.
Kindly or selfish, or gentle or strong,
Keeping the right way or taking the wrong,
Careless of honor or guarding your pride,
All these are questions which you must decide.
Yours the selection, whichever you do;
The thing men call character's all up to you!



ACADEMIC NOTES

TOPIC

CATEGORY

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WEB RESOURCES

