

The Intentional Creation™ Assessment

Getting to the heart of the matter

"In truth, the only difference between those who have failed and those who have succeeded lies in the difference of their habits. Good habits are the key to all success. Bad habits are the unlocked door to failure. Thus, the first law I will obey, which preceedeth all others is - I will form good habits and become their slaves."

- Og Mandino

There are very real firestorms raging around us, many not of our making, but we need not get caught in the confusing smoke or get burned by the lapping flames. We can rise above this, and to do so, we will want to rise above our own unhealthy habits of thinking.

We are the owners of a very rare gift. Unlike every other living creature on this planet, we can step back from our thought processes, reflect on our own thinking, identify unhealthy habits of thinking and create *new* habits.

Neuroscientists call this neuroplasticity – the ability for the brain to create new neuropathways, new habits of thinking, to literally be rewired. When we intentional do this our brain synaptically prunes off our old habits of thinking.

Og poetically describes the result. *"I will begin to awake, each morning, with a vitality I have never known before. My vigor will increase, my enthusiasm will rise, my desire to meet the world will overcome every fear I once knew at sunrise, and I will be happier than I ever believed it possible to be in this world of strife and sorrow."*

How much energy is required to override our unhealthy habits of thinking and be on our best behavior with our co-workers, customers and clients? Do we ever feel drained? What is it like for those whom we love the most? Do they get the leftovers, our unhealthy habits of thinking, because we are out of the energy needed to override these old habits? Are we making life more difficult than it needs to be?

**How we think impacts how we feel. How we feel impacts how we act.
Our actions determine our destiny!**

Our habits of thinking, our thought processes, either support or hamper our ability to become abundant. Using the Intentional Creation Assessment™ we can measure with laser accuracy how a person thinks and determine which thought processes are supportive and which thought processes are attempting to sabotage our efforts and draining our energy.

James Allen writes, *"Let a man radically alter his thoughts and he will be astonished at the rapid transformation it will affect in the material conditions of his life."*

When we choose to step back and create new habits of thinking we are finally free to focus our energy on becoming abundant versus just surviving the day. We see the needs of others more clearly, especially those whom we love the most. We receive inspired ideas that ignite our passion. We let go of fear and self-doubt and avoid procrastination. Passion-driven, we take on difficult tasks and speed up the creation of our dreams. We are whole and complete and experience a sense of accomplishment, joy, happiness and peace of mind. Transformed, we intentional create rapid change in the material conditions of our life.

The Intentional Creation Assessment measures how we think at the core level of our being (see illustration 3.1 below). It is in our core self that we have conversations with ourselves about ourselves - our worthiness, ability and beliefs. Are these thoughts affirming, positive and inspiring? It is here that we have conversations with ourselves about others. Are these thoughts empathetic, respectful, accepting and compassionate, free from bias and prejudice? It is here that we also have conversations about our life, work, internal motivation, secret desires and intentions, roles and tasks, dreams, ideas and opinions. Are these thoughts supporting us in becoming abundant or do they want to sabotage our efforts?

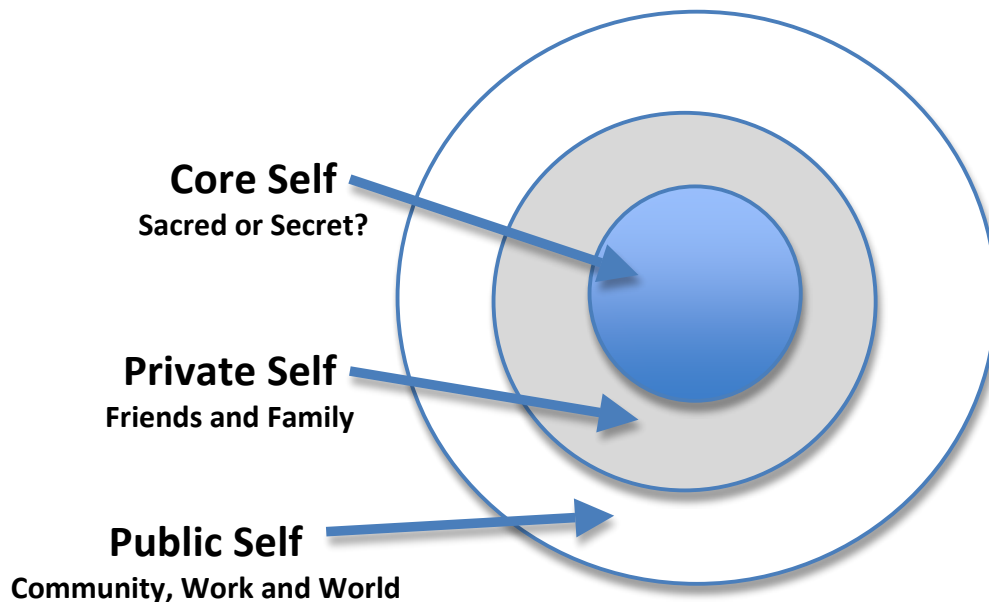


Illustration 3.1

Our core self can be a sacred space that supports happiness and peace of mind or a secret place filled with shame and fear. Sometimes we are comfortable in this space and other times we are fearful, alone and lonely. As Anne Lamott writes, "My mind is a neighborhood I try not to go into alone." Either way, we seldom allow other mortals into this space. When we do, it is generally a trusted companion, therapist, a member of the clergy, or a coach and often only in times of struggle or

crisis. Until we turn on the light of awareness this place can be scary and uncomfortable.

What is it like at our core? Is there peace or stress, joy or misery, happiness or despair? When we are congruent at the core, we are whole and complete, real, genuine and authentic and free to focus on connecting with people and creating value. We experience increasing levels of joy, happiness and peace of mind that radiate out into our private and public lives. As a result, we have a certain discernable presence, an energy about us that attracts others and engenders confidence in our ability to lead.

If we have surrendered our free will to unhealthy habits of thinking, we may have fear about being “discovered” and therefore engage in efforts to impress or pretend or other overcompensating behaviors as we move to wider areas of influence. We may need to focus valuable energy on covering up inappropriate or potentially embarrassing behavior. We may even have blind spots that are seen only by others. As a result of these duplicitous efforts, we may have a certain energy about us that impedes trust, confidence and connection.

We will want to start the journey with a commitment to be the same person in all three areas of our life, transparent, free of secrets and totally available to serve others. We are not perfect, but as we learn to manage our thoughts more effectively we will become increasingly congruent, truly improving. This is self-improvement. It starts at the core. Maybe we should call it core improvement.

This transformation occurs as we master the Six Qualities of an Intentional Creator. Each of the Six Qualities focuses on six specific Characteristics. The Assessment measures the underlying thought processes for each of these Characteristics and determines if they are supportive or sabotaging.

For example, Quality #1: Mastering the Art of Connection with People, we measure the following six Characteristics (see illustration 3.2):

Empathetic: Ability to see the uniqueness and irreplaceable value in others
Respectful: Ability to recognize and appropriately acknowledge a person’s appearance, accomplishment and contributions
Accepting: Ability to honor a person’s beliefs
Tolerant: Ability to accept people who have different beliefs and treat them fairly
Just and Fair: Ability to assess poor performance and keep reasons in proper perspective
Compassionate: Ability to see another person’s suffering.



Illustration 3.2

Each of these six Characteristics directly impacts our ability to master The Art of Connection with People. Other Characteristics can also impede our efforts, however during the chapter dedicated to connection we will discuss practices and processes for maximizing these specific Characteristics.

Here is one more example, Quality #6: Self-Esteem. In this chapter we will focus on practices and processes that address the following six Characteristics (see Illustration 3.3):

- Whole and Complete: Ability to see our own uniqueness and irreplaceable value
- Confident: Ability to recognize and appropriately acknowledge our appearance, possessions, skills and talents.
- Valiant: Ability to honor and be true to our own belief systems
- Peaceful: Ability to be comfortable with our own ideas and allow others to have opposing ideas
- Deliberate: Ability to set appropriate boundaries regarding how we will allocate our time
- Unconditional: Ability to see our strengths and weaknesses in balance

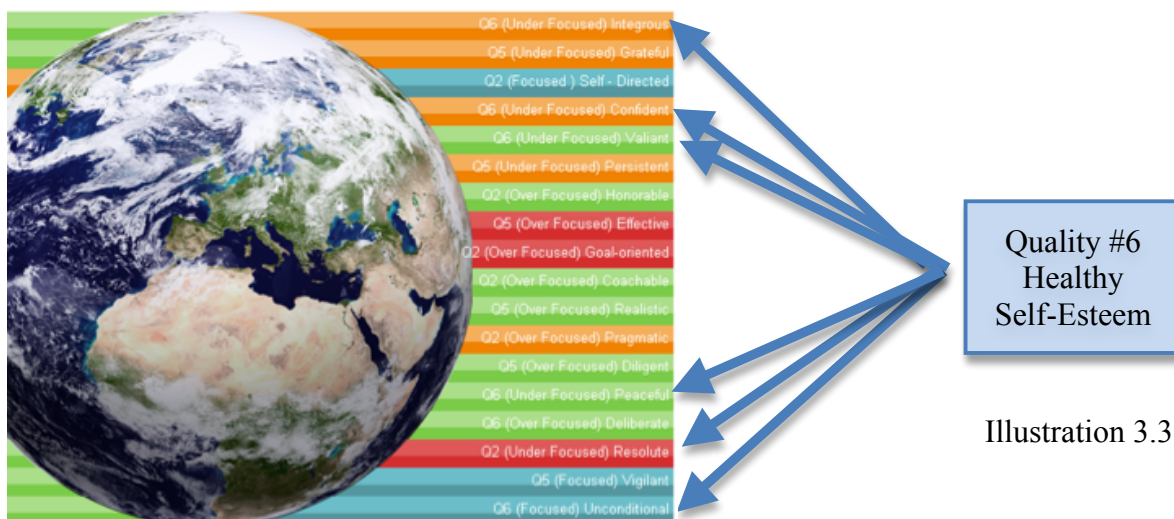


Illustration 3.3

As we bring our habits of thinking into alignment with each of these six Characteristics, we master that given Quality. Master all Six Qualities of an Intentional Creator and become abundant.

Each of us is unique and complex. The Assessment takes into consideration over 6.4 quadrillion variables yet presents a person's unique results in an easy to understand format. With the Intentional Creation Assessment we can identify with a single glance our strengths and challenges, understand related risks and know precisely where to focus our time and resources for maximum effectiveness. This is self-improvement with measurement.

Helpful videos are provided to assist in making the experience of taking the assessment and reviewing the results fun and easy (Illustration 3.4).

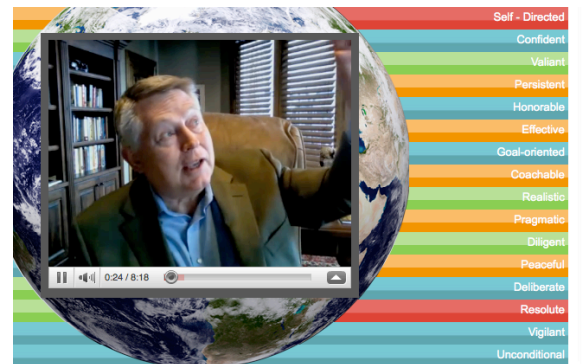
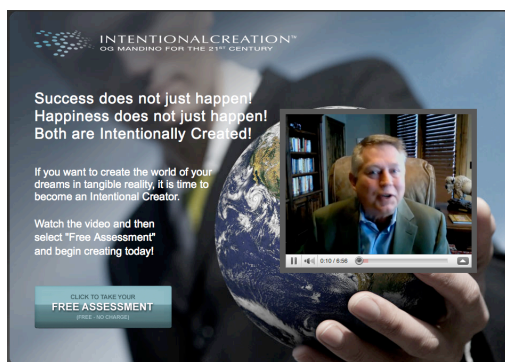
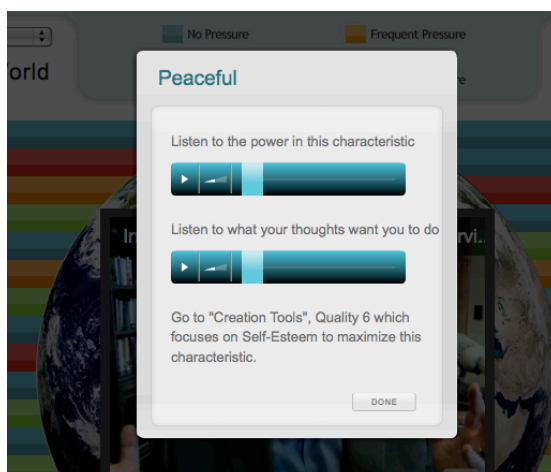


Illustration 3.4

By double clicking on any Characteristic, you can also access a pop-up with short audio recordings that provide brief descriptions of the power in that Characteristic compared with any variations in our thought processes (see illustration 3.5).



Pop-up for the Characteristic "Peaceful"

Illustration 3.5

It is not uncommon to hear, “I just said that last night!” “How could you know that about me? I have never told anyone.” We simply state, “It’s objective mathematics.”

Lastly, always remember, we have measured habits of thinking, our thought processes. We are not our thoughts. As we look at our unique assessment results, let us be aware that we are stepping back and looking at this chart much like our gift to consciously step back and reflect on our own thinking. Again, we are not our thoughts. These are just thoughts.

As complex as the instrument is, it is relatively simple to administer, taking only 15 to 20 minutes to complete. The Assessment cannot be manipulated. As a result it provides a unique opportunity to take a deep look into our current habits of thinking and assess the impact.

In preparation for the chapters to follow, go to www.intentionalcreation.com/book and take your assessment! It is FREE!

Want to go even deeper? (If not, continue with the next chapter)

The assessment is administered using the Hartman Value Profile (HVP). The HVP is based on the formal science of axiological mathematics. It applies Cantor’s transfinite calculus to the three dimensions of mathematical value: Intrinsic, Extrinsic and Systemic. These three dimensions are mathematically valued and disvalued by each dimension creating a mathematical hierarchy that is eighteen levels deep. This hierarchy is not based on normative or subjective opinion. It is objective mathematics.

Words or phrases have been scientifically validated and EEOC certified (Equal Employment Opportunity Commission) to represent each level in the eighteen-level deep, objective and certain mathematical hierarchy. These words or phrases are presented to an assessment candidate in random order. The candidate is asked to rank the words or phrases from best to worst based on how he or she thinks they should be ranked.

A candidate is asked to rank words or phrases on two different worksheets. The first worksheet represents a person’s external world (connecting with people, completing tasks and order and structure). The second worksheet represents a person’s internal world (valuing self, roles and where we fit in the world). Worksheet 1 is more like looking through a window to the outside world. Worksheet 2 is more like looking at ourselves in a mirror.

We have computerized the process allowing for a convenient drag and drop application for ranking the words and phrases on the two worksheets (Illustration 3.6).

Worksheet 1: Rank the Following

1	A good meal
2	A technical improvement
3	Nonsense
4	A fine
5	A rubbish heap
6	A devoted scientist
7	Blow up an airliner in flight
8	Burn a heretic at the stake
9	A short-circuit
10	"By this ring I thee wed"
11	A Baby
12	Torture person in a concentration camp
13	Love of Nature
14	A madman
15	An assembly line
16	Slavery
17	A mathematical genius
18	A uniform

Worksheet 2: Rank the Following

1	"I like my work – it does me good"
2	"The universe is a remarkably harmonious system"
3	"The world makes little sense to me"
4	"No matter how hard I work, I shall always feel frustrated"
5	"My working conditions are poor, and ruin my work"
6	"I feel at home in the world"
7	"I hate my work"
8	"My life is messing up the world"
9	"My work contributes nothing to the world"
10	"My work brings out the best in me"
11	"I enjoy being myself"
12	"I curse the day I was born"
13	"I love my work"
14	"The lack of meaning in the Universe disturbs me"
15	"The more I understand my place in the world, the better I get in my work"
16	"My work makes me unhappy"
17	"I love the beauty of the world"
18	"My work adds to the beauty and harmony of the world"

Illustration 3.6

After ranking is completed, a candidate's unique results are calculated. We assess balance with, and deviations in, the mathematical hierarchy to identify habits of thinking that may be out of balance. Using a simple to understand color code we assign levels of risk.

Although we have identified some common patterns with people who are attracted to specific careers, no two assessments are exactly alike. The final results are uniquely yours. The results are presented online on a single graph (Illustration 3.7).



Illustration 3.7

The Intentional Creation Assessment is value science without a moral dilemma, social science with measurement and is tantamount to former breakthroughs in measurement, e.g., alchemy/chemistry, astrology/astronomy.

We invite all to take an Intentional Creation Assessment™. Measure your thoughts. Discover which thoughts are resisting and which thoughts will support you in mastering the Six Qualities of an Intentional Creator. Aware, you can step back, look and pinpoint with laser accuracy where to focus your time, energy and resources to become abundant.

This is your moment to break free. This is your life. Choose to live it well. Master your thoughts and master The Six Qualities of an Intentional Creator. Master these Qualities and control your destiny!

Go to: www.intentionalcreation.com/book and take your FREE assessment today!

Today I begin a new life.