Intentness

Document a goal that you set for yourself that was difficult to achieve.

If you achieved the goal document the obstacles you had to overcome. Document what gave you the intentness to continue until you achieved this goal.

If you did not achieve the goal document what caused you to stop trying. Then document what you could've done differently if you were acting with intentness.

How can you apply what you just documented to help your "intentness" in the future?