

# THE EXTRA POINT

BY JERRY ROBERTS



## # 1117 Quotations on Being Intentional

We all want things in life. We want them for ourselves, our family, hopefully for our fellow workers and the organization we work with. Once we learn that anything worth having requires that it is earned, we come to the realization that our intentions count. I'm Jerry Roberts, and the word *intention*, in quotation form, is coming next, on The Extra Point.

Our quotes today focus on being intentional in our choices, to design a life that reflects what we really want — not merely an existence.

1. *"Camaraderie doesn't happen by accident; developing a strong sense of trust, accountability, and togetherness around team goals, requires intentional effort."*  
— Author Don Yaeger
2. *"Everything's intentional. It's just filling in the dots."*  
— David Byrne, singer and songwriter
3. *"Live less out of habit and more out of intent."* — Anonymous
4. *"If you're going to grow, you have to be intentional."*  
— Curt Kampmeier, management consultant
5. *"Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen."*  
— Brené Brown, author and professor at the University of Houston
6. *"It's not about 'what can I accomplish?' but 'what do I want to accomplish?' Paradigm shift."*  
— Brené Brown
7. *"If it's a priority, you'll find a way. If it isn't, you'll find an excuse."*  
— Motivational speaker Jim Rohn
8. *"The first step in crafting the life you want is to get rid of everything you don't."*  
— Joshua Becker, writer and philanthropist
9. *"Great things never come from comfort zones."*  
— Anonymous
10. *"You are what you do, not what you say you'll do."*  
— Co-founder of psychoanalysis, Carl Jung
11. *"Intentional days create a life on purpose."*  
— Adrienne Enns, [mayyouknowjoy.com](http://mayyouknowjoy.com)
12. *"It's not the big moves that change everything — it's the smallest ones in your everyday life that do."*  
— Mel Robbins, Lawyer and television host
13. *"Your children will see what you're all about by what you live rather than what you say."*  
— Author Wayne Dyer
14. *"Living with intention means saying no to the things that aren't important to us, so we can say yes to what matters most."*  
— Financial guru Crystal Paine
15. *"Start where you are. Use what you have. Do what you can."*  
— Arthur Ashe, tennis champion and activist
16. *"The best way to predict your future is to create it."*  
— President Abraham Lincoln

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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