Setting an Intention

Merriam-Webster defines an intention as “the thing that you plan to do or achieve: an aim or purpose”.

Ask yourself,

What do I want?

_______________________________________
_______________________________________
_______________________________________
_______________________________________

When you have what you want, what will you have?

_______________________________________
_______________________________________
_______________________________________
_______________________________________

What difference will it make?

_______________________________________
_______________________________________
_______________________________________
_______________________________________

What is keeping you from having what you want?

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_______________________________________
_______________________________________
_______________________________________

How to recognize what you want?

Think about:

❖ What aligns with your purpose?
❖ What supports your values?
❖ What do you stand for?
❖ How do you achieve balance between your work & leisure, heart & soul conditions & rewards?

To write your intention and affirm what you want, write as if it is happening now.

Start with I am... for example,

I am maintaining a healthy body weight by implementing lifestyle modifications that include:

_______________________________________
_______________________________________
_______________________________________
_______________________________________

“Change is inevitable, growth is intentional.”

- Glenda Cloud