

Intentions Practice Guide

Decide what you want to happen, then identify the action to make it happen.

Begin each day with:

What do I wish to experience today? Or

What would I like to have happen today?

Focus on the experience you would like to create, not the outcome you hope for.

Example:

To have a good day (break this down. What would make it a good day?)

To feel less stress

To be productive





Turning Desired Experiences Into Intentions

Identify 2 to 3 actions (the how) to support the intention within your control

Examples:

The intention	The action
I want to have a good day is ambiguous. Break it down. Ie. I want to feel more energized	Eat a healthy breakfast in the morning exercise in the morning or 20 minute walk Hydrate
I want to experience less stress.	Morning mediation Engage with breathwork before new task Say no Focus on one thing at a time
I want to be more productive	Prioritize 2 to 3 tasks for the day Complete one at a time Take break before the next task



My Intentions and Actions

Intentions	Actions

Intentions guide our choices. Actions shape our experience.

At the end of the day, spend some time reflecting on how you did with your intentions.

What worked?

What didn't?

What might you do differently next time?
