

Daily Intentions



Setting intentions can help you achieve your self-care goals, make meaning in your life, and allow us to attune ourselves to a larger perspective and embody the mystery of life.

Tips for Setting Intentions

Write them down. Perhaps you create a monthly design to set 3 intentions for the month in a way that appeals to you and post them in a place that you will see them every day. Maybe you don't need it to be so fancy – make it your own, but definitely write daily, weekly, monthly, yearly intentions somewhere to make them concrete. Research shows it is more likely that you will follow through with them.



Keep it simple: Make your intentions something you can achieve. For example: Take a walk every day, do a breathing practice daily, stay more present in conversations, be unbelievably grateful.

Consistency is key: “Keeping a daily, weekly and monthly journal that you can write down your intentions and how you want to feel each morning can be an extremely useful practice,” says Sarah Thacker, a licensed therapist and yoga teacher. “Reflecting on your intentions at the end of the day allows for the accountability to check in with yourself and actions while creating a space for self-awareness and growth. Reflecting at the

end of the week and month offer the same, while also encouraging movement in the direction of healthy change and self-development.

Sharing is caring. In a large meta-analysis of 85 studies, it was found that when people make a specific plan for what they'd like to do or change, and anticipating obstacles, they do 74% better than who don't make a specific plan for the same task. So, having a plan for self-care dramatically increases the odds you will follow through. - The Sweet Spot 2015 Christine Carter

Benefits of Setting Intentions

Setting an intention daily can have a profound impact on your emotional energy, which will guide you and impact everyone you come into contact with throughout your day. Intentions are different than goals because they are not something you have to do. An intention is intangible, something that is felt. Often, intentions align with the goals we have set, but they connect us to the truth of who we are as we interact in each moment.

Think about this: Your body is 90 percent water. Dr. Masaru Emoto proved that water can be influenced by intention and thought. Imagine the changes that can take place within your body as you begin to consciously give intention to positive choices. It doesn't stop with you, either, since your energy has an impact on those around you.

Prompts for setting intentions: <http://lifegoalsmag.com/intention-setting-journal-prompts>

Life

- What do you need today?
- What can you do to make today pleasurable?
- What does your ideal day look like?
- What time of day are you most productive? Why do you think that is?
- What has been inspiring you lately?
- What have you always wanted to do, but haven't gotten around to it? What is stopping you?
- What was the last scary decision you made? What did it feel like? Do you think you made the right choice?
- What's the last good habit you developed? How did you do it?
- What has been worrying you lately? How has that been playing out in your life?

Love

- What is the last sweet gesture you made to someone else?
- What is the nicest gift you've ever received? Given?
- What is an idea you have for a sweet gesture? When can you schedule that into your day? (Then, put it in your calendar.)
- What was your last date like?
- What are the qualities you believe are important in a soulmate?
- Do you believe in soulmates? Why or why not?
- What is a romantic spot in your town? Why do you find it romantic?

Career

- When's the last time you used the word "busy" or "stressed out" about yourself? Is there a way that you could make things easier on yourself?
- Do you believe in work/life balance? What does that look like to you?
- What is one of the desires you have for your career? (Just pick one – it doesn't have to be the most important of all of them.)
- What's the last book you read related to your career? What are three things you learned from it? Are you applying them to your career?
- What does it mean to be successful to you?
- How have you been doing as your own boss? Are you keeping yourself happy, motivated, and fulfilled?

Gratitude

- What have you been complaining about most lately? Is there a way to see that differently?
- What can you do when you're having a bad day? Write a list of things that tend to help you get out of a bad mood, and refer back to it when you're having a rough day.
- What brings you joy every single day?
- What is an affirmation that can help you today?
- If everyone could have more of one thing, what would you gift them?

Technology

- What have you been watching or listening to lately? Has it been putting you in a good mood?
- How much time have you been spending away from the screen? What are some things you can do instead that would feel more rewarding for you?
- Have you been feeling present? Why or why not?