

# Intention Setting

## 4-Step Intention Setting Process

If we aren't intentional about how we are living, then we're on autopilot. To live with purpose and meaning, it's important that we understand **why** we are taking any particular action—before we take it! Following someone else's intention isn't going to keep us connected, though. It's very important that **we decide how and why we want to show up** in a certain way. I like to set intentions at the beginning of a day, week, month, or year to keep me connected to my deeper “why” with various aspects of my life. My personal process is outlined below.

### 1. List upcoming challenges.

First, think about an area of your life in which you'd like to grow or improve this week (or day, month, year, etc.). Then, make a list of any challenges you can anticipate showing up in this area of your life. Of course, we can't predict most external circumstances, but there are some things we know—like our schedule. List some of the predictable challenges that may come up during this period of time:

### 2. What are some things that can support you in facing these specific challenges?

Are there any tools, words, practices, or attitudes that may offer support for those challenges (individually, or combined)? What would help you make it through with strength and resilience if/when those challenges arise?

### 3. Synthesize your findings!

Seeing these challenges and options for support laid out in front of you, start to make some connections and narrow in on a few words, phrases, or an idea that you can come back to that would help you get through the week (an intention!). Dabble down a few words that are coming up for you here:

### 4. Sum it all up and set a custom intention.

Now you have all of the information you need to set a custom intention. Try to think of a word, a few words, or a phrase that combines the various means of support that you want to revisit. These words should remind you of why this intention-setting process, to keep you connected to **why** this is important to you.

*This **process** of setting the intention is what will make **your words** valuable to revisit. The 2-3 words you come up with only need to have meaning for you—no one else needs to understand them! We can set intentions regularly, but if we never revisit them, they don't do us much good. Be sure to write your intention down somewhere where you know you'll see it later—on the fridge, bathroom mirror, your phone background, or on your computer screen are just a few ideas.*

