



Close your eyes,  
Take a breath,  
Inhale calm,  
Exhale stress.

"If you don't know  
where you are going,  
you'll end up  
somewhere else." –  
Yogi Berra

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Jaci & Jeff  
YMCA, first and third  
Tuesday, 1.30 – 3.30 pm

## Living through our Intentions... consider the quote in the top right-hand corner 🙏

It's my belief that we get to create our own lives. We get to live according to our own values and rules. It is with this **attitude of intentionality** that will get us where we want to be. To live my life by our own rules I need to understand myself and what I value in life, and what is most important to me. And this is where Mindfulness Meditation has helped me. Through another mindfulness skill in **my toolbox** - **awareness** - I was able to take inspiration from a Face Book article Marge sent me and turn it into a discussion for our meeting... Thank you Marge 🌟 More about that on the next page.



### How to set intentions that are mindful and meaningful

Setting intentions involves a reflective and thoughtful process, with the end goal of a more fulfilling life. When you set intentions, remember that it is an ongoing process and that meaningful intentions will evolve as you do. *Stay open to learning and growing!*

Unlike setting goals, which are often specific and outcome-focused, intentions are more about the journey and how you want to experience life. They are deeply personal and can be related to any aspect of your life, including your emotional wellbeing and relationships.

#### 1. Be clear about what you want

Start by getting very clear about what you desire in your life. This clarity involves deep introspection to understand what truly matters to you, what brings you joy, and what aligns with your **core values**. It's the foundation of setting intentions that are meaningful and resonant.

#### 2. Focus on the positive

When framing your intentions, it's important to focus on positive language and outcomes. Instead of setting an intention to stop being so stressed, frame it positively like, "I intend to embrace calm and peace in my daily life." **A positive framing helps in creating a constructive and hopeful mindset.**

#### 3. Keep it simple

Complexity can dilute the power of your intentions. Instead, aim for simplicity and clarity. A simple, clear intention is easy to remember and focus on and can more effectively guide your thoughts and actions throughout the day. I have quotes or photos I like Blu taped to the wall behind my computer!

#### 4. State your intentions often

Regularly remind yourself of your intentions. You can write them down in a journal, repeat them as affirmations, or create visual reminders like sticky notes or digital wallpapers. The more you revisit your intentions, the more ingrained they become in your consciousness.

#### 5. Align actions with intentions

Reflect on how you can align your daily actions with your intentions. This might involve changing certain habits, making different choices, or creating new routines that support your intentions.

