

AI-00868 Power of Intention

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I have a personal observation that when I write something in my daily journal as to do, most likely it will happen. For example i would say Road Cycling-35 Miles climbing or the next day I say - Swim 2.4 Miles, at the end of the day, it is accomplished. So now I have this mindset of "If I write it down, it will happen". So far maybe 90% of the time I write a to do list prior to an activity or a big event, mostly I get things done.

Is this a form of intentionality?

Are there similar concepts and theories to explain my observation

?

Yes, what you're experiencing is definitely a form of intentionality! Here's why:

- **Planning and Focus:** Writing down your goals or tasks forces you to be clear and intentional about what you want to accomplish. It takes the vague idea out of your head and puts it into a concrete plan.
- **Reduced Mental Load:** By offloading your to-do list from your memory, you free up mental space to focus on actually completing the tasks. You're not constantly reminding yourself of what needs to be done.
- **Increased Commitment:** The act of writing something down can feel more committing than simply thinking about it. Seeing it in writing can make you more likely to follow through.

There are definitely some related concepts and theories that support your observation:

- **The Zeigarnik Effect:** This theory suggests that we have a stronger memory for unfinished tasks than completed ones. Writing things down helps ensure

they don't get forgotten and languish in that unfinished state.

- **The Power of Positive Affirmations:** While your to-do list isn't exactly a positive affirmation, it does create a positive expectation for yourself. Seeing "Swim 2.4 Miles" on your list might subconsciously prime you to believe you can achieve it.
- **Goal Setting:** Setting clear and achievable goals, like the ones on your list, is a well-established strategy for increasing the likelihood of accomplishing them.

So, keep using that to-do list! It's a powerful tool for boosting your intentionality and getting things done.

List 20 examples of intentionality in action based on the information you've provided earlier.

20 Examples of Intentionality in Action:

1. **Packing a Gym Bag:** Deciding to go to the gym and packing your bag beforehand demonstrates intention to exercise later.
2. **Setting an Alarm:** Setting an early alarm shows intention to wake up at a specific time, likely for a planned activity.
3. **Meal Prepping:** Preparing healthy meals in advance indicates the intention to eat well throughout the week.
4. **Creating a Study Schedule:** Mapping out specific study times signifies the intention to learn and retain information.
5. **Writing a Grocery List:** Sticking to a list at the store reflects the intention to buy only what's needed and avoid impulse purchases.
6. **Budgeting:** Creating a spending plan demonstrates the intention to manage finances responsibly.
7. **Practicing a Presentation:** Rehearsing a talk showcases the intention to deliver a clear and well-organized presentation.
8. **Learning a New Language:** Signing up for a language course or app signifies the intention to become proficient in another language.
9. **Volunteering:** Committing time to volunteer work demonstrates the intention to help others.

10. **Starting a Side Hustle:** Taking steps to launch a side business reflects the intention to earn additional income or pursue a passion.
11. **Enrolling in a Fitness Challenge:** Signing up for a running or fitness challenge shows the intention to get in better shape.
12. **Booking a Doctor's Appointment:** Scheduling a check-up demonstrates the intention to prioritize health and well-being.
13. **Setting Aside Time for Relaxation:** Blocking off time on your calendar to meditate or read suggests the intention to de-stress.
14. **Saving for a Vacation:** Putting money aside regularly signifies the intention to take a future trip.
15. **Learning a New Skill:** Taking a cooking class or online tutorial demonstrates the intention to expand your skillset.
16. **Organizing a Study Group:** Bringing classmates together to study reflects the intention to learn collaboratively and improve understanding.
17. **Planting a Garden:** Putting in seeds or seedlings shows the intention to grow your own food or enjoy the process of gardening.
18. **Asking for Help:** Reaching out to a teacher, colleague, or friend demonstrates the intention to overcome a challenge or learn from others.
19. **Repairing a Broken Item:** Fixing something yourself signifies the intention to save money and be resourceful.
20. **Putting Your Phone Away:** Silencing your phone during a work session shows the intention to focus and be productive.

These are just a few examples, and intentionality can be applied to countless situations in daily life. The key is to be conscious of your goals and take deliberate steps towards achieving them.