Set Intentions

Setting intentions is a conscious practice of directing your energy and focus toward what you want to experience, achieve, or embody. It can be practiced while having your morning tea, preparing breakfast, or getting dressed.

**Steps**

1. Create a Quiet, Reflective Space

* Find a calm environment where you can focus without distractions.
* Sit comfortably, close your eyes, and take a few deep breaths to center yourself.
* Inhale through your nose, feel your belly expand, and exhale slowly through your mouth.

1. Reflect on What Matters Most

* Consider your values and what you want to prioritize in your life.
* Ask yourself:
* How do I want to feel today?
* What qualities do I want to cultivate?
* What is most important to me right now?

1. Be Specific and Positive

* Phrase your intention as a clear, affirmative statement rather than a restriction.
* Instead of: “I won’t stress today,” say, “I will approach challenges with calm and clarity.”
* Focus on who you want to be rather than just what you want to do.

1. Connect Emotionally

* Visualize what fulfilling your intention looks and feels like.
* Tap into the emotions associated with your intention (e.g., peace, joy, confidence).

1. Keep It Simple

* Start with one or two intentions to avoid feeling overwhelmed.
* Examples of effective daily intentions:
* “I intend to be kind and patient with myself today.”
* “I intend to fully engage in the present moment.”
* “I intend to approach others with kindness and understanding.”
* “I intend to create space for both work and rest in my day.”

1. Write It Down or Say It Out Loud

* Writing down your intention reinforces commitment and helps maintain focus.
* Saying it out loud makes it feel real and actionable.

**Tips for Effective Intentions**

* Start with daily intentions before expanding to longer-term intentions.
* Phrase intentions in the present tense to align with current actions.
* Reflect on gratitude before setting your intention to deepen the practice.