

# Setting an Intention

Merriam-Webster defines an intention as “the thing that you plan to do or achieve: an aim or purpose”.

Ask yourself,

*What do I want?*

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*When you have what you want, what will you have?*

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*What difference will it make?*

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*What is keeping you from having what you want?*

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“Change is inevitable, growth is intentional.”

-Glenda Cloud

How to recognize what you want?

Think about:

- ❖ What aligns with your purpose?
- ❖ What supports your values?
- ❖ What do you stand for?
- ❖ How do achieve balance between your work & leisure, heart & soul conditions & rewards?

To write your intention and affirm what you want, write as if it is happening now.

Start with I am... for example,

I am maintaining a healthy body weight by implementing lifestyle modifications that include:

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“Intention is the effect of purpose and attitude on actions and conduct.”

-www.acoachapproach.net©2013