

SETTING AN INTENTION

A DAILY PRACTICE FOR SHOWING UP THE WAY YOU WANT TO

An intention is different from a goal.

A goal is about what you want to achieve. It lives in the future and is measured by outcomes.

An intention is about how you want to show up. It lives in the present and is guided by your values.

Because **intentions are about direction rather than destination**, they are something you always have control over.

The recovery process can have twists and turns, bumps in the road and uncertainty. An intention gives you something to orient toward regardless of what the day brings.

SETTING YOUR INTENTION

A useful intention describes how you want to be, not what you want to do or achieve. It should be short enough to remember, and focused entirely on your way of showing up.

EXAMPLES

I intend to approach today with curiosity

I intend to meet discomfort with patience rather than resistance.

I intend to be kind to myself and others

MY INTENTION FOR TODAY

Today I intend to...

TIPS FOR REMEMBERING YOUR INTENTION

- Pair your intention with something you already do routinely each day
- Write it somewhere you'll see it; share it with someone
- Set it, let it go, and let your intention go to work for you - effortlessly and automatically.

MY DAILY INTENTION

MORNING – SET

Date:

My Intention:

Strategy for remembering my intention:

DURING THE DAY – NOTICE

Notice and jot down a moment when you remembered your intention, and a moment when you lost it.

A MOMENT I REMEMBERED IT

A MOMENT I LOST IT

EVENING – REFLECT

What was it like when I was living my intention?

What was happening when I lost it?

What can I learn from these experiences?

REMEMBER..

Reflection is not about grading yourself, it's about learning. Noticing the difference between how things feel when you are aligned with your intention vs. when you are not is an act of learning and growth. Over time, this practice builds the habit of showing up the way you want to – even on the hard days.