

# Snow Much Intention

The SWC encourages a process of reflecting on your experiences, forming authentic connections, creating intentions for how you want to be living, and taking action to move toward greater wellbeing in your life. This Winter, we’re focusing on intention.

## Defining Intentions

Intentions are purposeful commitments that guide your life rather than an outcome you strive to achieve. They orient your focus toward how you’re living and the choices you make each day. And they enhance your wellbeing by aligning your goals with your values, ensuring that your efforts are leading you toward the things you truly desire.

Try these three steps to set intentions for yourself:

1. Think about how you want to feel at this moment.  
What do you want to embrace more of today?
2. Notice what comes up for you (e.g. confident, focused) and silently repeat this to yourself several times
3. Come back to these words throughout the day and consider what thoughts, words, and choices can make this intention come alive.

## Getting Intentional

What would a meaningful intention look like for your...

Academics	Relationships	Downtime	Community Life
How do i want to approach my coursework this term?	What will I prioritize in how I show up for others?	How do I want to spend my time and energy outside of my obligations?	What is one contribution I can make to help others feel a sense of safety and belonging?

Explore Your Intentions with the SWC!

