INSPIRING INTENTION
Let’s begin by taking a trip inward. By reflecting on our greatest hopes and aspirations, we create the capacity to chart a course that leads to greater wellbeing. And in doing so, inspire others to do the same.

A Roadmap Towards Living Intentionally:

PAUSE AND REFLECT:
Carve out time for quiet introspection.

- What is one way that I can find space from the noisy internal dialogue of thoughts, emotions, and memories so I can be present with myself?

HAVE A CLEAR FOCUS ON WHAT YOU WANT:
Tune in to yourself and explore your core values. Examine what matters most to you and what kind of life you want to be living.

- What direction do I want to be heading?

SET SPECIFIC INTENTIONS FOR WHERE YOU WANT TO GROW:
Examine your 7 Roots of Wellness (Physical, Spiritual, Environmental, Social, Emotional, Financial, and Intellectual). Identify if there are specific areas you want to grow in.

- Which next steps best get me to where I need to go?

ASSESS OUR INTENTIONS:
Gear up for the journey by carefully examining your identified next steps. Notice if there is external support needed.

- What additional tools, resources, or outside help do I need to make my journey possible?

INSPIRE INTENTION:
Recognize the stages others are at on their journey, and motivate them to keep moving forward with self-awareness and purpose at the helm.

- What deliberate action(s) can I take as an individual to help others live more according to their values?