

Inspiration into Intention

Welcome to Winter Term! As you enter this new year, **consider setting one or more intentions** in addition to or in place of your resolutions. Not sure of the difference? Let's explore intentions and their connection to your wellbeing!

Defining Intentions

Intentions are **purposeful commitments** that guide your life rather than an outcome you strive to achieve. They are process-oriented, focusing on thoughts, words, and actions that help you live a life in accord with your values. Try these three steps to set one for yourself:

1. Think about **how you want to feel** in 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 how your thoughts, words, and choices can make this intention come alive

Let's say you want to feel connected. Reminding yourself of this might help you prioritize time to meet up with others and to be present and genuine with them when you do!

Living Intentionally

Values are at the **heart of purpose**, and purpose is closely connected to intention. Try the following steps to identify and live your core values more fully:

1. **Identify the values that matter most**
If you were at the end of your life, looking back what principles (e.g. generosity, courage, compassion) would you want to have guided you. See if you can identify one or two that ring most true for you.

2. **Look for inspiration**
What inspires you about this value? Are there moments from your life where you felt deeply connected to the value? Perhaps there are people you have heard about or met who embody it? Name some specific things that draw you to this value.

3. **Bring it more fully into your life**
Think about where you'll go, who you'll see, and what you'll be doing in the next 24 hours. Imagine yourself fully embodying the values you identified above in these scenarios. What would change? How would things be different?



Try a guided version of this practice by scanning here for a SoundCloud recording:



Explore your intentions with us!

Schedule a wellness check-in at the SWC or join us for mindfulness practices to bring greater intention to your term!



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