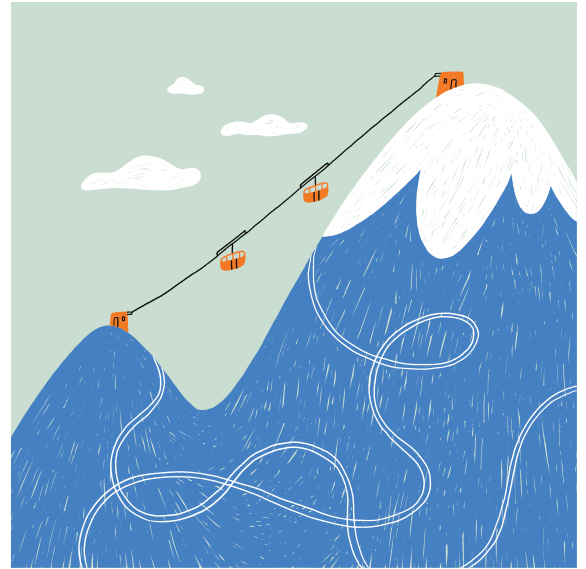


# Mindfulness Practice: Set Your Intentions

Intentions describe how you would like to show up and experience something. Setting your intentions can help remind you of your values, strengths, and hopes before or during events in your life. Having clear intentions can also help you practice mindfulness in your day-to-day experiences.

Intentions are different from goals! *Goals* are outcomes you hope to accomplish, while *intentions* describe how you want to experience something. In other words, if a goal is the destination, an intention is how you would like to act, feel, or be along the way.



**Directions:** Use the template below to set your intentions for an event in your life. Write the event, and then write a description of how you want to feel or show up as you experience this event. Then you can reference these notes during the event to remind yourself of your intentions!

<b>Event:</b>
<b>My Intentions:</b> _____
_____
_____
_____
_____
_____

**Take it further!** After the event, refer back to the intentions you wrote above. How closely did your intentions match the experience? Why do you think that is? How can you use this experience to help you set intentions for future events in your life?

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