

Intention Setting



This information on Intention Setting is adapted from Becoming Minimalist at <https://www.becomingminimalist.com/intention-setting/>.

How to Choose Your Intention:

If you don't know what intention is worth setting each morning, here are some helpful questions to get you started:

- What are the 2-3 most important spiritual tasks you want to accomplish in your life? Does one stand out above the others?
- Is there a role in your life you feel compelled to pursue?
- Is there an overarching spiritual belief or worldview that helps you make sense of the world? Does it motivate you to live a full life?
- What current healthy life change are you pursuing?
- When you close your eyes at night, what daily pursuit or accomplishment leaves you feeling the most fulfilled?

Intention-Setting Sentence:

Today, I commit myself to _____.

Tips for Setting Your Intention:

1. Set your intention as early in the morning as possible.

At the beginning, combine the statement with a trigger action: taking a shower, brushing your teeth, or your first sip of coffee. Choose a time before the day gets away from you or distraction sets in (an email, a boss, or a crying baby) and state your intention aloud.

2. Your intention-setting sentence can be completed in a second or meditated on for hours.

This intention-setting sentence holds value in the few seconds it takes to recite. It reminds your mind, heart, and soul of your desire for the day. But it is also a statement that can be meditated upon for hours if time permits. What does it mean for me to be the best parent that I can be? What are the most important projects I should be working hard on? What does it look like to live selfless today?

3. Setting your intention each morning does not eliminate distractions.

Stating your intention does not mean you will never slip up in your pursuit of it. But it does remind you each morning of your goal for the day and sets your affection upon it. Beginning your day focused on an intentional approach beats drifting every day.

4. Your intention is not the only thing you will do that day.

You are not uttering a statement of exclusion. You can commit yourself in the morning to be an intentional father while still going to work and focusing on your career goals. But your stated intention will help keep your focus in the right place.

5. Your intention may change each day or it may stay the same.

Your intention will be your most important pursuit every day as you seek to live the most fulfilling and abundant life you can. But it is not required each morning to keep it the same. It is perfectly natural for our goals and intentions to change as we pass through the various seasons of life.

6. Setting your intention gets easier over time.

Try it, right now, before you read further. What is it that you most want your life to be focused on today? Even if there are only a few hours left in your day, try it for the first time.

Now, try to remember to repeat it again in the morning. If you forget (you probably will), don't worry. Just set your intention as soon as you remember to do so. Over time, you will find it easier and easier to remember in the morning. Soon, it will be part of your regular routine.