

Setting Positive Intentions

From the Wellness Center

OVERVIEW & PURPOSE

We have the ability to improve our mental health and wellness by changing our thought patterns. Setting an intention gives us the reason *why* we want to do something and *how* we can get it done. You can set an intention for anything -- your grades, motivation, relationships, or outlook. An intention is the starting point to bring more positivity into your life. It can give meaning and direction to your day.

Setting an intention is not meant to bring stress into your life. It is important to remember intentions can be flexible and making adjustments to them along the way is perfectly okay. You can have one intention at a time, or multiple intentions; remember they are not there to overwhelm, but instead to be used as a tool. The purpose behind intentions is purely to put you in a better head space, to think more positively and to reach goals by changing the way you are approaching them.

Tips and Tricks

- Where do you start? Ask yourself:
 - What routines do I want to establish?
 - What experiences or qualities do I want to bring into each day?
 - What life do you want to live?
- “Intention leads to behaviors, which lead to habits, which lead to personality development, which leads to destiny” - Jack Kornfield
- You can set intentions any time you want; they encourage you to focus on the present moment.
- Intentions are concerned with the journey, not the destination.

Articles/Resources

Short Read: Intentional Gratitude

[How To Practice Gratitude: Tips For Improving Mental Health](#)

Longer Read: Live with Intention Now

[Set New Year's Resolutions or Live With Intention Now?](#)

****If you have any questions please call the Wellness Center at (530) 280-2009.**

