

GOOD HEALTH MATTERS

Why You Need to be Setting Intentions Instead of Goals for Year 2020 ????

Lot of people have given up making New Year's Resolutions. There is nothing worse than starting out strong on your way to achieving your goals, and by Valentine's Day it's all in the trash can. When we make resolutions, they are usually about changing ourselves from our unacceptable state to a state of worthiness. Resolutions, by their very nature, are usually goals that express what we wish we were, but we aren't.

Intentions are about aligning ourselves with the life we want. This is not about self-improvement, but about life-enhancement. Setting intentions has nothing to do with setting ourselves up for failure. There is no way you can fail, because your intentions will get you closer and closer to what you desire, even if you don't get there in a year. Once I set my intentions, I make a vision board to support that vision. When we take the time to craft our vision for the coming year, we are sharpening our focus and setting the wheels in motion.

How to Set Intentions?

1. Deciding on Your Focus

- Spend time checking in with yourself to find what you really want. You'll only follow through with your intentions if they matter to you. Think about what you're passionate about and the things that actually make you happy. When do you feel the most joy? Use those moments to choose your intentions. If you don't pick things that give you joy, you're not going to be able to commit to that intention.

- Focus on the journey rather than the goal. A resolution or a goal is focused on an end-reward, such as losing weight or learning a new skill. An intention is more about the steps you take that could lead to that goal. For instance, "drink less" is a resolution. Your intention might be "I'm going to treat my body better." Treating your body better may lead to drinking less, but that's not the ultimate goal, necessarily.

- Set intentions for the month, the week, and the day. Focus is important in the short-term and in the long-term. Setting monthly



intentions helps you look at the big picture while setting daily intentions lets you live in the moment. Both are equally important.

2. Phrasing Your Intentions
Keep your intentions short and to the point.

- Your intention shouldn't be more than a sentence long. Make it short so you can remember it easily and to the point so you can focus on the outcome.

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- Following through with Your Intentions

Emotional Intelligence

“Emotional intelligence (EI)—the ability to, say, understand your effect on others and manage yourself accordingly—accounts for nearly 90 percent of what moves people up the ladder when IQ and technical skills are roughly similar.”

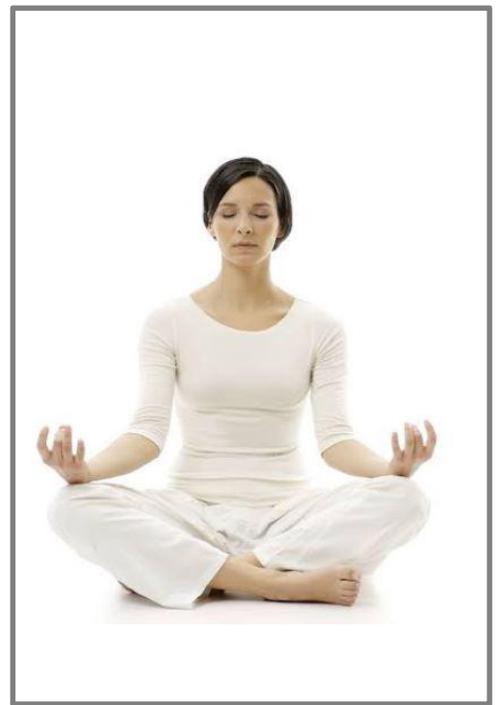
“The core of high EI is self-awareness: if you don't understand your own motivations and behaviors, it's nearly impossible to develop an understanding of others. A lack of self-awareness can also thwart your ability to think rationally and apply technical capabilities.”

“It is easy to consign emotional intelligence to the periphery of work life and concentrate on smarts and know-how. However, such a focus will likely hamper success.”

- **Try mantra-like intentions to help center yourself.** Intentions don't always need to be goal-oriented. You can also use them to reset your thinking and to help you be happier and more grateful for the things you have. With these types of intentions, focus on the good things in your life and the people around you. This focus will help you be more grateful and happy.
- **State your intentions in a positive way.** If you phrase your intention in a negative way, you're less likely to follow through. Plus, setting a negative intention puts you in a poor frame of mind, setting a bad tone. For example, instead of saying, "I'm going to get rid of this stupid body fat," you'd write, "I am working hard to treat my body with respect
- **Phrase your intentions in an active form.** Remove words like "try" from your intentions. Instead, replace them with active words. If you say you will try, then you may end up just trying, not actually doing the intention. Look for any hesitation in your phrasing and remove it. For instance, instead of, "I am going to try to work on listening today," say "I am going to be an active listener today.”

3. Following through with Your Intentions

- **Write your intention down.** It's important to make the intention feel real to you, and physically writing it down can do that. Also, try saying it out loud. Both of these tasks will help solidify the intention in your mind
- **Refer back to your intention throughout the day.** Carry it around on a piece of paper in your pocket or write it somewhere you'll see it often. If you prefer, try setting reminders throughout the day on your phone or computer that make you read your intention again.
- **Try meditating on your intention.** If you hear "mediation" and get a little nervous, don't worry. It's not that big of a deal. Just spend some time with your eyes closed, focusing on your breathing for a few minutes.
- intentions.



Work on staying positive about your intention. At times, you may think what you intend will never come true or that you don't have the willpower to do it. That kind of negative self-talk will only sabotage your good work, so it's important to nip it in the bud when it happens.

- **Think about your intentions when you make plans.** Use your intentions to help you make plans. That is, when you're making long-term and even short-term plans, refer to your intentions to see if your plans will help or hinder your



Celebrate and be grateful for your successes. From time to time, think back on the intentions you've set and consider the ones you've followed through on. Pat yourself on the back and be grateful that you've been able to do what you intended.

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“What new year brings to you will depend on great deal what you brings to the new year.” – Vern McLellan



Wonders of Wellness