

# How to Set An Intention

When we set an intention, we are making a commitment to ourselves that we will take action towards our vision. Intentions help us live more mindfully and authentically.



## How to Set an Intention (6 Steps)

1. **Decide** what you want to work towards
2. **Write down your intention** in a clear and concise way
3. **Dream big.** Don't limit yourself, but do keep time constraints in mind
4. **Visualize yourself achieving** your intention
5. **Take action** towards your intention
6. **Celebrate** your success

## Suggestions

- **Use a vision board.** A vision board is a tool that can help you to bring these dreams and intentions into reality. It is a physical or virtual board on which you pin images and words that represent what you want to achieve.
- **Remind yourself of your intention daily.** Keep your written intention or vision board in a place you'll see every day.