



GBS HEALTH & WELLNESS

Developing an Intentional Lifestyle

The new year may inspire you to reset or change your habits. This can be a great catalyst when approached with a healthy mindset. Let's dive into how we can make this shift by focusing on intentions instead of resolutions.

A big difference between resolutions and intentions is the way success is defined. For example, a common exercise related goal may be to exercise every day for thirty minutes. However, this leaves no room for error or for fluidity in plans. You either complete the task or you don't. Instead, try swapping this to a positive statement that aligns with your values such as "maintain an active lifestyle".

Intentions inspire how you approach situations and decisions. Your intentions are more about why you're doing whatever is on your calendar rather than the actual task. Take a moment to think about how you want your life to feel. It may be helpful to write down the words that come to mind as you ponder this question. Think about the energy you want to surround yourself with and the impact you want to leave on others. Take this further by walking through the following steps.

Clarify Your Intention

What sort of life do you want to cultivate? To help you answer this question, consider using phrases such as "I want to feel" or "I intend to".

Visualize Your Intention.

Imagine what your life could look and feel like when you focus on these intentions.

Use an Affirmation

Affirmations are clear, positive statements in the present tense that encapsulate what you want to make a reality. Strengthen your intentions by writing these statements down and frequently revisiting them.

Write Down Your Intention

Repeat your intention out loud, hang it on your mirror or put it as your phone screensaver.

Release the Pressure

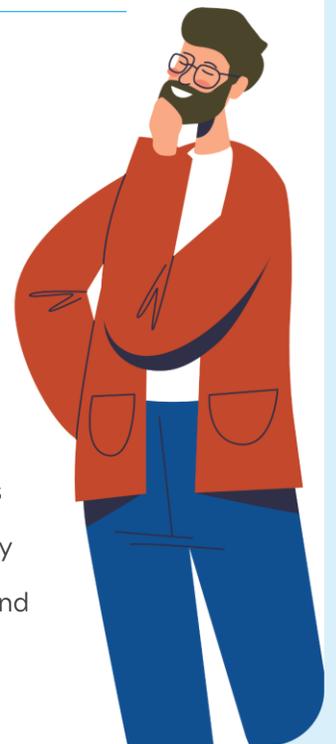
Once you've set your intentions, let expectations go to let it be an enjoyable practice to strive for intentions. Give yourself room to figure out what your intention means and how it fits in everyday life.

Once you have clarified your intentions, plan to be deliberate with your day and purposeful with your time. Revisit your intentions often and let them guide your decisions and reactions to difficult situations. Identify what you will do to work towards your intentions. Whether it by changing the way you use technology, shaking up your morning routine or simplifying your schedule. Make it personal and be intentional with your relationships, your money, your energy, and your happiness. Seek out a life of purpose, direction, clarity, peace, and excitement.

Need Ideas?

It can be daunting to choose intentions for the next 12 months but remember that intentions are flexible and able to evolve with you as you encounter new circumstances. Intentions can take many shapes and forms. They can be phrases, single words, or themes. They can vary from month to month or be constant for years at a time. The following suggestions may help you get your creative juices flowing.

- › Be Present
- › Be Grateful
- › Be Rested
- › Be Inspired
- › Simplify
- › Embrace
- › Bloom
- › Manifest Happiness
- › Love Unconditionally
- › Live Life with Zeal and Zest



Resources

[THE WELL; 7 Tips to Mindfully Set Intentions for the New Year](#)
[Thrive Global; The Importance of Being Intentional](#)
[Healing Brave; 12 Positive New Year Intentions to Help You Feel the Way You Want to Feel](#)