



# Setting Mindful Intentions

"Becoming intentional is to become "on purpose."

"The meaning of life is to find your gift. The purpose of life is to give it away." ~~ Pablo Picasso

## QUESTIONS TO GUIDE YOU

1. What's the difference between motivation, intentions and goals?

2. What matters most to you for this year? What's truly important at home & work?  
Write out three ideas.

3. List the One Intention you'll begin to practice today?

4. What action step will you take to begin?

5. Who will you share your intention with & when?