

Setting a Personal Intention

Carly
Ebenstein

Intentional, Insightful, Impactful, with Edge

If you've never created a personal intention statement or done any values work, you are not alone. Most people are not consciously aware of their values, even though they govern their lives. For example, when something happens that feels really good, that's an indicator that a value is being expressed or honored. Conversely, when we feel bothered, frustrated or annoyed, that generally points to a value that is being stepped on in some way.

At the end of working through this exercise, you will have proactively created a **Personal Intention Statement** that is uniquely yours.

"LIVE WITH
INTENTION.
WALK TO THE EDGE.
LISTEN HARD.
PRACTICE WELLNESS.
PLAY WITH ABANDON.
LAUGH.
CHOOSE WITH NO
REGRET.
APPRECIATE YOUR
FRIENDS.
CONTINUE TO LEARN.
DO WHAT YOU LOVE.
LIVE AS IF THIS IS
ALL THERE IS."

— Mary Anne Radmacher

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“Happiness depends on your mindset and attitude.” - Roy T. Bennett, The Light in the Heart

Below are several different life areas. A mission statement need only be a single paragraph.
Below are some guidelines.

1. Let go of perfection. Part of the beauty of this part of the assignment is that you can go back to tweak, re-write, re-work.
2. It's best if this statement does not include specific goals. This is a broader statement that relates to the value(s) you want more of in your life.
3. Consider sharing your statement with people (even just one person) you trust. It can be helpful to hear yourself read it out loud to another person and have them ask for clarification, etc.

Choose from one of the Life Areas for your Personal Intention Statement.

Physical Health

Emotional Health

Parenting

Relationships

Friendship

Financial

Daily Joy

Career

Spirituality

Other

Use the values list below to identify the values that matter to you. Check those value words that matter most to you and feel like you want to include in your statement. Feel free to add any words you don't see.

Trust	Empathy	Altruism	Spirituality
Patience	Relational	Sensitivity	Encouragement
Respect	Humility	Faith	Understanding
Generosity	Friendliness	Expressiveness	Optimism
Hospitality	Loyalty	Openness	Positivity
Graciousness	Appreciation	Persistence	Kindness
Transparency	Gratitude	Resilience	Respect
Attentiveness	Patience	Judiciousness	Personal
Support	Kindness	Compassion	Independence
Acceptance	Harmony	Honesty	Balance
Self-Acceptance	Reliability	Humor	Detachment
Curiosity	Hopefulness	Cooperation	Receptivity
Thoughtfulness	Service	Joy	Leadership
Tenderness	Nurturing	Love	Presence

If you have additional words or phrases to add, write them here.

Using the value words you choose, write a first draft below:

My Personal Intention Statement for (Family, Career, Relationships, _____ is below).

Example for Relationships: My intention in practicing detachment is to strengthen my connection with family and friends in an effort to shorten the distance with those who have a difference of opinion or trigger me in some way. I commit to practicing being patient, transparent, and curious.

How does it feel to have a personal intention statement?

What is one way your commitment to this statement could create a positive difference for you and others?

What specific small and simple actions would support your intention?

Consider carrying your statement with you by writing on a card that you carry with you daily (phone is ok, but you have to remember to look at it). Read it every day.

