

Micro & Meaningful Steps

# Be Intentional

This year, consider setting intentions instead of resolutions.

Begin by reflecting on what truly matters to you. Intentions can be daily, weekly, or monthly guideposts. They help you connect with your core values as you make choices and decisions throughout the day.

- To help identify your values, describe an ideal day for you.
- Write a list of your values and look at them often.
- Before your day begins, set an intention to help you be more mindful during your day. For example, "I will find ways to help others today."
- At bedtime, reflect on the ways you were true to your intentions today.

