



Resolutions vs. Intentions

At New Years, we create **resolutions** to solve what we think is wrong with us. I resolve to lose weight, find a partner, quit a bad habit, etc.

They come from wanting to “fix” yourself or situations. When you come from a place of “there is something wrong with me” you become trapped in this “not enough” cycle. As a result, you’re always seeking the quick fix, the solution, or the next big thing to help you do something more, differently, or better.

Usually, the resolutions are abandoned because they set you up to fail. You feel forced and pressured to achieve them, and then ditch them as soon as you start to veer off track.

Intentions are driven from within. They involve stating a desire and creating a clear mental picture of the direction you want your life to take based on how you feel in the present moment. They create a purpose, an aim, to direct your decision making. Instead of coming from a place of “what’s wrong with me and my life,” come from a place of “what’s missing for me and my life?”. Examples:

- “I want more love and passion in 2019?” Create an intention for being more loving and passionate.
- “I want to take care of my health and reduce stress?” Create an intention for well being and peace.

You see, intentions have a very different vibration from resolutions. Intentions create a space for fundamental shifts in your perspective and focus. It alters your **BEing**, not just you’re doing. **BEing** is the context from which doing arises. Instead of fixing, you’re creating a space for releasing patterns that no longer serve you.

So are you ready to create some amazing new **intentions** for the New Year?

Let's start!

Answer these 3 questions:

1. What do I want to KEEP doing?
 - Make a list of all the things that you are doing that are working for you; i.e. meditating, eating well, exercising, saying "NO"...
2. What do I want to START doing?
 - Make a list of all the things that you want to start doing, your heart's desires; i.e., more play time, setting boundaries, speaking up...
3. What do I want to STOP doing?
 - Make a list of all the things that you are ready to stop doing; i.e. being late, procrastinating, worrying, eating poorly, negative self-talk...

Intentions are how you manifest your heart's desire. How you want to **BE** and **FEEL** in your life. They are not to-do steps, they are **to-BE** steps. They keep you focused on what you want in your life. What you focus on expands, so focus on your intentions!

Give yourself a HIGH FIVE for your KEEP doing list, you're doing great!

Then, review the STOP doing list and see if there is something in your START doing list that will address that, and if not, add a new START doing item to the list.

Now with your completed START doing list, let's write some intentions!

How to create an intention

1. Write your intention “as if” it is happening *right now*

For example:

“I want to meet someone and be in a loving relationship” (future)

“I am open and loving in all my relationships” (present)

2. Avoid using the word “try”

For example:

“I will try to exercise twice a week” (you’re trying not doing)

“I am maintaining a strong healthy body” (present and ongoing state of mind)

3. Bring on the gratitude

Being grateful in your intention creates space for a fundamental shift in your perspective.

For example:

“I AM grateful for the financial abundance in my life”

Write an intention for each one of the to STARTs on your list (a small notebook works great). Then, affirm those intentions each day by writing them down again. Make this a daily practice and see what wonderful things you will manifest!

“Thoughts become things, choose the good ones!” - Mike Dooley