



RIVERBEND COACHING

the art of contribution: coaching for big-picture thinkers



Practice: Setting Intention

Setting Intention is a practice of declaring your intention for the day, whether it's something concrete that you plan to accomplish, an area of your life that you would like to focus on, or a quality that you would like to embody. **Through this practice, you can explore the power of taking a few minutes a day to put your intentions into language.**

Set your intention first thing in the morning to focus your day, or whenever you feel that you need to re-evaluate or re-focus your attention and actions.

Here's how to do it:

1. Close your eyes and take a few minutes to connect to the sensation of the ground, by focusing on the sensation of your feet on the floor or your seat on the chair (refer back to the [Anytime Grounding](#) practice for more detail).
2. Connect to the sensation of your breath in your body, noticing where the breath feels most present for you. Place your attention on your breath, following it as it moves in and out of your body. Follow the fluctuations of your breath for 5 minutes, bringing your attention back to your breath anytime you find that it has wandered. You may find that many thoughts, feelings, and sensations swirl around, and that's fine – just keep coming back to your breath.
3. At the end of 5 minutes, ask yourself “What matters today?”
4. **Write down your intention**, and consider carrying it with you for the day (whether electronically or on paper) or putting it somewhere in your environment where you can see it and be reminded of how you have chosen to spend your time and attention. It's important to write it down – putting it into language will force you to think it through.
5. Your intention can be concrete (e.g. a particular project or person that needs your attention in a specific way) or directional (e.g. acting with more kindness, clarity, or power).

Use the **Guidelines for Writing Intentions** on the following page to help you put your intention into powerful language.



Guidelines for Writing Intentions

Writing an Intention

The language you use to write your intention matters. Powerful language = Powerful intention.

Start your intention with one of the following:
I am... I will...
These phrases are strong and intentional.

<i>Avoid these phrases at the beginning of your intention.</i>
<i>I want to...</i> <i>I hope to...</i> <i>I should...</i> <i>I think I will...</i>
<i>These phrases leak power and clarity from your intention.</i>

Examples of Intentions

There are days when it makes sense to set a really narrow intention – something in particular absolutely has to get done – and days when it makes sense to set a broader direction. It's possible that you may have one specific intention for a day and one broader intention. These are just examples of the kinds of intentions you can set; don't let yourself be limited by these ideas. Set the intention that make sense for you, using powerful language, and see what happens.

Narrow When something specific needs to get done:
<ul style="list-style-type: none">• I will write a first draft of the Harris proposal.• I will contact three prospective clients.• I will pack for vacation.

Broader When a particular area needs attention:
<ul style="list-style-type: none">• I am attending to anything related to the Harris project.• I am focusing on business development.

Broadest When you want to focus on a broad quality or skill:
<ul style="list-style-type: none">• I am staying grounded during my conversations with others.• I am being kind to myself.

