



# Setting Intentions

November 11, 2018

ENERGY FLOWS WHERE  
INTENTION GOES  
CREATE YOUR DAY

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## Examples of Intentions:

*“My intention is to practice more gentleness and non-judgment when I notice myself getting frustrated or stressed.”*

*“My intention is to bring more joy back to my teaching.”*

*“My intention is to be gentle with myself while I practice self-care.”*

*“My intention today is to be open to new ideas.”*

These examples come from our CARE training program. Take a few minutes to see if they resonate with you. As a reminder, intentions are connected to your values and motivation of why you became a teacher. Intentions act as a compass to be used throughout the day and can be adjusted as needed, in a gentle, non-judgment way. Setting an intention can be a powerful practice, as it reinforces what we want for ourselves and gives direction and meaning to our day. Intentions are different than goals. The latter are often rigid and defined by achieving measurable steps.

During this upcoming week, spend time each day setting an intention. Also think about connecting with another teacher, so you can become intention buddies. The poem *On Commitment* by Johann Wolfgang Von Goethe helps reinforce the idea of setting an intention.

*“Until one is committed, there is always hesitancy,  
the chance to draw back, always ineffectiveness.  
there is one elemental truth  
the ignorance of which kills countless ideas, splendid plans:  
the moment one definitely commits oneself, then providence moves too.*

*All sort of things occur to help that would never otherwise have occurred.  
A whole stream of events issues from the decision,  
Raising in one’s favor all manner of unforeseen incidents, meetings and material  
assistance, which no man or woman could have dreamed would come his or her  
way.*

*Whatever you do or dream you can begin it.  
Boldness has genius power and magic in it.”*

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Have a great week and let us hear from you regarding how you are incorporating intentions into your CARE practice.

Arlene, Nancy and Jaimi