

Setting an intention

WHAT IS IT

- setting a specific mindset, trajectory, and feeling around a decided goal.
- it is a beneficial way to keep your mind on track and 'plugged into' your desired outcome.
- it can serve as a guide to focus your energy toward.

***REMEMBER**

- it's less about the 'successful completion' of the goal exactly how you had imagined, and more about the journey itself.

HOW?

- do not judge your thoughts
 - this may feel weird and take practice, so just do your best but keep trying
- Examine the Why
 - asking yourself 'why' you do things or 'why' you want things can help make you feel more 'in the drivers' seat' of your life.
- options + intention = stronger connection to the outcomes
 - builds confidence
 - rather than feeling like you're on auto-pilot with a loud mind

Copyright, 2021. Mood Disorders Association of Manitoba and Brianne Ste Marie Lacroix.
All rights reserved.



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

Setting an intention

“THIS IS A WONDERFUL DAY. I’VE NEVER SEEN THIS ONE BEFORE.”
-MAYA ANGELOU, WRITER

BRAIN STORMING IDEAS

- I want to be healthy and balanced
- I want to feel good about myself
- I want to feel strong mentally, emotionally, and physically

- I want to feel empowered and confident
- I want to fully inhabit my body and my life
- I want to learn to feel through my emotions better **and** without judgment
- I want to have a balanced relationship with my body and with food
- I want to go shopping without saying or thinking mean things about myself
- I want to speak to myself kindly and with compassion
- I want to properly nourish myself because I have **so much life to live**

- I want to move my body **because I can** and **because it feels good** to rather than as a punishment for not feeling good enough

- I want to end the inter-generational self-hatred in my family

- I want to stop apologizing or feeling the need to justify not wearing makeup
- I want to stop feeling responsible for the thoughts others may have of me
- I want to feel okay about having rolls, skin folds, stretchmarks
- I want to feel okay with my body not being "attractive" all the time

- I want to feel okay to dance naked and give my body a big hug
- I want to be proud of myself for all the work I've put into myself
- I want to be kind to the softness of my body, to its edges, and to everything in between

Copyright, 2021. Mood Disorders Association of Manitoba and Brianne Ste Marie Lacroix.
All rights reserved.



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

Setting an intention

“EVERY JOURNEY BEGINS WITH THE FIRST STEP OF ARTICULATING THE INTENTION, AND THEN BECOMING THE INTENTION.”

-BRYANT MCGILL, AUTHOR

AN EXAMPLE FROM MY PAST FOR YOU

My intention:

is to learn how to speak to myself kindly and with compassion.

Why:

it's far too easy for me to be unkind and mean to myself, especially when it relates to my body image and food consumption... and there is no benefit to it. It makes me really sad and ruins my day **often**. I'm also realizing that it is limiting how I see myself compared to how other see me... I want to love me FULLY, and be my own buddy.

Daily statement/reminder:

I am a beautiful spirit that has strength and confidence to take on the world today with compassion for myself and for others.

Copyright, 2021. Mood Disorders Association of Manitoba and Brianne Ste Marie Lacroix.
All rights reserved.



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*