Step Into Your Week With Intention

We make intentions every day without realizing what we are doing. We make declarations about how our day will be, how we will feel about something, and whether we will succeed or fail in attaining what we want in life.

**A Week of Intention* is a gentle way of helping to change habitual thoughts into thoughts that benefit you and move you toward what you are wanting in life.*

The best intentions are those that help bring joy or peace of mind into your day. When you experience joy or peace of mind, the things you want may come with greater ease as you begin to understand the power of your thoughts, your words, and the feelings they create. You may also begin to recognize the worth that has always been within you.

Each Sunday evening, take a few quiet moments to think about the week ahead. Rather than focusing only on what you want to accomplish, ask yourself:

How do I want to feel?
How do I want to move through this week?
What do I want to bring into my thoughts, choices, and experiences?

Choose one intention—perhaps joy, love, peace, ease, gratitude, patience, courage, forgiveness, self-love, trust, or simply being more present.

Write your intention on the weekly form. Before you go to sleep, hold it gently in your thoughts and imagine yourself stepping into the new week with it guiding you.

Your intention is not another task to complete or a standard you must live up to perfectly. It is simply something you have chosen to carry with you. Each morning, return to your intention before the busyness of the day begins. Each evening, gently reflect on how it showed up—or where you may want to return to it tomorrow.

As your life changes through the intention you have chosen, allow your intention to change and flow with where you are now. You may continue with the same intention or begin the next week with a new one.

By practicing this for a minimum of four weeks, you may begin to notice your habitual thinking changing into thoughts that better benefit you.

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My Intention for This Week

This week, I intend to:

Why did I choose this intention?

How do I hope this intention will guide my week?

Monday

How did my intention guide me today?

Tuesday

Where did I notice my intention today?

Wednesday

What is my intention helping me become more aware of?

Thursday

When did I need to return to my intention today?

Friday

How has my intention influenced my week?

Saturday

What have I learned by carrying this intention with me?

Sunday Evening

As you prepare for a new week, reflect on the intention you chose.

What did this intention bring into my week?

Would I like to carry this intention into another week, or is a new intention calling to me?

Choose your intention, write it down, hold it in your thoughts before you sleep—and step into Monday with it already within you.

Kathy Ann
Dead Girl Talking

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