

## Intention Setting

### Steps:

1. Determine your goal-based intention: What do you want?
2. Think through obstacles you might face and write down each one
3. Set an “implementation intention” to address each of your obstacles
4. List any other actions you think might be helpful

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|---|---|
| <b>Goal-Based Intention:</b>  |   |
| <b>My schedule and activities will reflect my values of quality, family, and self-care.</b>   |   |
| <b>Obstacles:</b>   |   |
| <ul style="list-style-type: none"> <li>• Social media, email and other time wasters.</li> <li>• My obligations and how they bleed into my family and self-care time.</li> <li>• My aversion to self-care when I am stressed.</li> </ul> |   |
| <b>Other Helpful Actions:</b>   |   |
| <ul style="list-style-type: none"> <li>• Systems of organization that help me set priorities</li> <li>• Keeping boundaries between work and personal life</li> </ul>  |   |
| <b>Implementation Intention<br/>Obstacle</b>  | When I feel tempted to spend time on social media or checking my email, I will remind myself how each time I do this, I undermine my value of quality.                        |
| <b>Implementation Intention<br/>Obstacle</b>  | When I am considering a new commitment, I will pause before responding, add it to my to-do list, coming back to it later when I have thought about how it reflects my values. |
| <b>Implementation Intention<br/>Obstacle</b>  | When I want to avoid self-care, I will remind myself of the “Hilliard incident” and what happens when I don’t take care of myself.  |
| <b>Implementation Intention<br/>Helpful Action</b>  | I will review my calendar daily and plan my activities based upon my values, minimizing distractions.   |
| <b>Implementation Intention<br/>Helpful Action</b>  | I will add items that require attention to a list and then do them when I have allotted time (as opposed to getting swept up in email).                                       |
| <b>Implementation Intention<br/>Helpful Action</b>  | At the end of the day, I will review my to-do list, adding and subtracting as needed. Then, I will shut my computer and put it away before I pick up the kids.                |

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5. Determine your goal-based intention: What do you want?
6. Think through obstacles you might face and write down each one
7. Set an "implementation intention" to address each of your obstacles
8. List any other actions you think might be helpful

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|--|--|
| <b>Goal-Based Intention:</b>                             |  |
| <b>Obstacles:</b>  |  |
| <b>Actions:</b>  |  |
| <b>Implementation Intention</b><br><i>Obstacle</i>       |  |
| <b>Implementation Intention</b><br><i>Obstacle</i>       |  |
| <b>Implementation Intention</b><br><i>Obstacle</i>       |  |
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