

# Mindful living: Setting intentions

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Hello. Today we are going to pause and take a break from your day. You've made an important choice to participate today, and that sense of openness to receiving is exactly what we will begin each practice with.

Let's take a few moments to create our space. Take a comfortable position, either seated or lying down. Dim the lights. Use a blanket if you would like. Remove any eyeglasses. And minimize any outside noise or distraction. Feel free to close your eyes if you would like. And bring your awareness to the breath.

Simply observe how you inhale and how you exhale. Without changing or altering your breathing in any way, just notice how the abdomen and lungs are involuntarily working to sustain your whole being. Notice perhaps a cooling sensation through the nostrils as you inhale and a slight warming sensation through the nostrils as you exhale. Continue to settle into that breath.

As we continue breath awareness, let us use the power of our own intention to help guide our practice today. Intention is purposeful awareness. Discovering what our drivers are and what our reasons are. It could be sparked by a personal goal or a quality we wish to emanate or maybe even a quote that has inspired us to live those words. For some, intentions or goals may vary depending on that day or that moment. For others, there might be a single driving principle or positive affirmation that you strive to live out.

Living intentionally means consciously deciding what to say, how to act, how to spend your time. It's easy to get into a cycle of reacting to outside events, and that can leave you feeling unfulfilled and unproductive. Living intentionally allows you to take control over your time and your attention. Your focus stays intact, no matter how busy you are. And by setting these guiding principles for yourself, you may notice increased serotonin levels and an overall positive state of mind.

So, gravitate towards your intention today. Or feel free to grasp onto one of these that resonates with you at this moment. Breathe energy into that intention to give it life, and allow it flourish.

I intend to be kind, even when I feel the pressures of life.

I intend to lead by example at work and with my family.

I intend to see goodness around me in everyone and everything.

I intend to always assume positive intent.

I intend to make someone smile every day.

I intend to freely forgive others and myself.

I intend to make mindfulness an important part of each day.

I intend to suspend judgment and accept life as it is in this moment.

I intend to help others in big and small ways.

I intend to find the positive in all situations and experiences.

I intend to live with humility and gratitude for all that I have.

Come back to your breath, which on its own should be slowing down as you settle deeper into a state of relaxation and calm. If, during the silence, your mind wanders to thoughts, that's okay. Just be aware of that thought, and without holding onto it, let it pass. And come back to your breathing.

Keep your physical and mental health at the core of everything you do. Nurturing your health has a big impact on your overall productivity and well-being. So be sure to prioritize it, even through small lifestyle decisions by rethinking and restructuring how you spend your time.

Most of us have some mindless habits that can eat up a lot of time, and it's okay to have these activities to enjoy in moderation. But if you aren't happy with how much time you're losing to those habits, it might be time to reassess. Decide how much time you're willing to spend on these activities every day. And set a timer to remind yourself when it's time to stop.

Take a few deep breaths. And turn your attention to the present moment. Observe the flow of oxygen into your body. And with each exhalation, gradually stilling your body and mind.

Take a few minutes every morning to decide what you want to accomplish and when. Making a to-do list can help increase your productivity. And if you want to make the most of your time, living intentionally with purpose is very helpful. Make a habit of being intentional with your time and attention, and see what effect that has on your mood and productivity.

Slowly bring your awareness back to your physical surroundings and the room that you're in. Keep that intention with you and allow it to find a place within your heart and mind, so that it will drive the thoughts, words, and actions of your day.

Remember to hydrate yourself and nourish yourself with a variety of foods and activities, get enough sleep, and enjoy the company of your loved ones.

Thank you for making the time for yourself. Stay healthy and stay connected. Have a wonderful day.

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