



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Set Intentions NOT Resolutions!

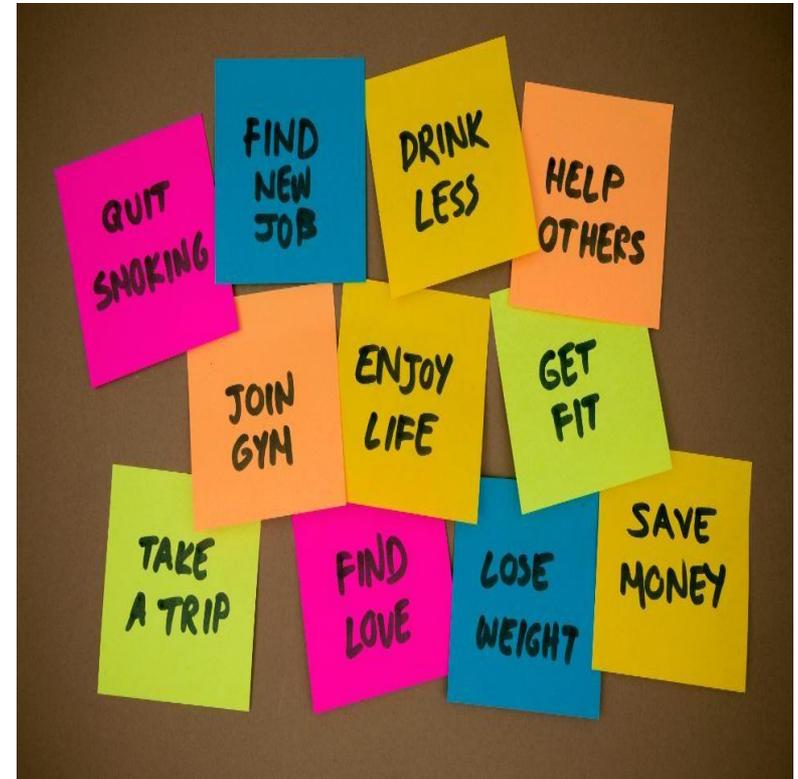
Taught by Harris Health System Employee Wellness Team

Learning Objectives

- Learn why resolutions fail
- Learn why intentions work
- Learn how to set an intention
- Complete a Declaration of Intention

Why Resolutions Fail

- Firm decision to do or not to do something
- We underestimate how long it takes to break a bad habit or adopt a good one
- We tend to make long lists of big habits we want to change
- Ask us to be perfect and focus on outcome



Why Intentions Work

- Intentions are about becoming aware of different ways that you would prefer to be in your life
- You resolve that you're already "enough" so you move forward without having an attachment to the outcome
- An intention leaves room for error, falling off the wagon or inevitable delays
- Intentions allow us to commit in the present without pressure to keep a resolution 100%
- YOU define what it means to be serious about your goals and dreams
- Focus is on the journey not the outcome



*Our intention
creates our reality.
- Wayne Dyer*



How to set an Intention

- Get clear about something you want to cultivate in your life and write it down
- Be specific about where the intentions come from
- Support it with realistic action steps you can commit to
- If your intention is not measurable, focus on how you can incorporate these things into your day



Resolutions vs. Intentions

Resolution

Lose 25lbs by June

I will get more sleep at night

I will be happier in 2020

Intention

I will eat healthier by adding more fruits vegetables into my diet and exercise more days of the week

I will focus on not using caffeine in the evening, turning the TV off earlier and going to bed by 10

I will create a plan to improve my mood by doing more that I like for myself and others

DECLARATION OF INTENTION

THIS YEAR I WILL _____!

*I WILL LET GO OF _____ & EMBRACE
_____.*

*I WILL HONOR MY _____ AND LOVE MY
_____.*

I WILL STAND UP AN SHARE MY _____ WITH THE WORLD!

**THIS YEAR I WILL REMEMBER THAT
I AM LOVED AND I AM ENOUGH!!!**

<https://agirlnamedpj.com/declaration-of-intention-by-emily-mcdowell/>

Summary

- 80% of all resolution fail by February
- Setting intentions allows you to focus on who you are in the moment, to recognize and live your values.
- Declare to be intentional in 2020!

Contact Us!

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