The Intention-Setting Guide

Coach Mo's Framework for Purposeful Living

Welcome to Your Intention Journey

Thank you for downloading this guide. If you're here, you're ready to move beyond traditional goal-setting and create a life that feels as good as it looks on paper. This guide shares the exact framework I use with my private clients to help them live with greater purpose, presence, and fulfillment every day.

PART 1: UNDERSTANDING INTENTIONS

What Intentions Are (And Aren't)

Intentions are:

- Internal compass points rather than external destinations
- Focused on your way of being rather than specific outcomes
- Flexible guidelines rather than rigid requirements
- Connected to your values rather than societal expectations

Intentions aren't:

- Vague wishes or hopes
- Goals with softer language
- Excuses to avoid concrete action
- One-time statements you set and forget

The Intention-Action Connection

The magic happens when your intentions inform your goals. Think of it this way:

Intention	Related Goal	The Difference
"I move with energy and joy"	"Exercise 3x weekly"	When you don't feel like working out, your intention reminds you *why* movement matters to you
"I create from a place of service"	"Launch new coaching program"	When facing challenges, your intention keeps you focused on impact rather than just metrics
"I nurture meaningful connections"	"Have weekly family dinners"	If dinner gets canceled, you remember the connection matters more than the specific activity

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PART 2: THE INTENTION-SETTING FRAMEWORK

Step 1: Values Clarity Exercise

Take 5 minutes to complete this exercise:

1. Circle the 5-7 values that resonate most strongly with you right now:

   Authenticity · Balance · Compassion · Connection · Courage · Creativity · Freedom · Growth · Harmony · Health · Integrity · Joy · Knowledge · Leadership · Mindfulness · Peace · Purpose · Resilience · Security · Service · Simplicity · Spirituality · Stability · Wisdom

2. For each value you've chosen, write one sentence about why this matters to you in this season of life.

Step 2: From Values to Intentions

Using your core values as a foundation, create intentions for different life areas:

1. Work/Career intention: _____
   Example: "I bring my full presence and creativity to my work each day."

2. Relationships intention: _____
   Example: "I create space for authentic connection in all my interactions."

3. Health/Wellbeing intention:_____
   Example: "I honor my body's wisdom and needs with compassion."

4. Personal Growth intention:_____
   Example: "I embrace challenges as opportunities to evolve and learn."

5. Daily Life intention: _____
   Example: "I move through my day with mindfulness and appreciation."

Step 3: Intention Integration

For each intention, answer:

1. How will this intention feel in my body when I'm living it?
2. What's one small way I can embody this intention today?
3. What might challenge this intention, and how will I navigate that moment?
4. What reminder can I create to reconnect with this intention throughout my day?

PART 3: LIVING YOUR INTENTIONS

Morning Intention-Setting Practice (3 minutes)

1. Take three deep breaths
2. Ask yourself: "How do I want to show up today?"
3. Choose one primary intention for the day
4. Visualize yourself living this intention in specific situations you'll face today
5. Finish with: "Today, I choose to be..."

Midday Reset (30 seconds)

When you notice yourself feeling disconnected or stressed:

1. Pause and take one conscious breath
2. Silently repeat your intention for the day
3. Ask: "What would living my intention look like in this moment?"

Evening Reflection (2 minutes)

Before bed, reflect on these questions:

1. When did I feel most aligned with my intentions today?
2. When did I move away from my intentions?
3. What did I learn about myself today?
4. What intention will I carry forward tomorrow?

PART 4: COMMON CHALLENGES & SOLUTIONS

Challenge: "I forget about my intentions when life gets busy." *Solution:* Create environmental cues - set phone reminders, use sticky notes, or choose a physical object (like a bracelet or stone) as a tangible reminder.

Challenge: "My intentions feel disconnected from my real-life responsibilities." *Solution:* Try bridging intentions - connect your values directly to specific activities. Example: "As I respond to emails, I bring my intention of thoughtful communication."

Challenge: "I feel guilty when I don't live up to my intentions." *Solution:* Remember that intentions aren't pass/fail. When you notice yourself veering off-course, simply acknowledge it without judgment and gently redirect.

Challenge: "My intentions feel too vague to be useful." *Solution:* Create clarity through specificity. Add sensory details to your intentions: "When I bring presence to my family, I make eye contact, put devices away, and listen without planning my response."

PART 5: SEASONAL INTENTION REFRESH

I recommend revisiting and potentially refreshing your intentions quarterly. Here's a simple process:

1. Schedule a "seasonal intention date" with yourself (mark it in your calendar)

2. Review your current intentions and reflect on what's resonating and what's not
3. Consider what's changed in your life and what's emerging as important now
4. Adjust or create new intentions that honor where you are today
5. Celebrate how you've grown through living intentionally

Remember that your intentions will evolve as you do. The purpose isn't perfection but greater alignment between how you want to live and how you actually live each day.

A FINAL NOTE FROM COACH MO

Living with intention isn't about adding more to your plate—it's about bringing more of yourself to what's already on it. As you work with these practices, be patient and compassionate with yourself. The magic isn't in getting it right every time, but in the willingness to return to your intentions again and again.

I'd love to hear how these practices are working for you. Feel free to reach out and share your experience at coach@monicawiz.com.

With intention,

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