




Setting Intentions

Living Minutes Academy

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LivingMinutes.com

LM!



Be a Human Being instead of a Human Doer

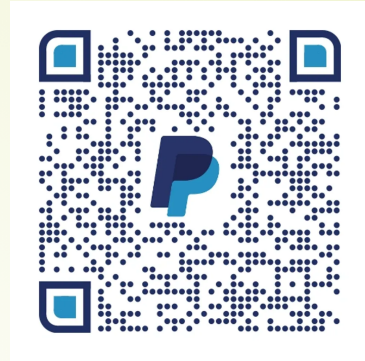
- ▶ If we're human beings, then why are so many of us merely human doers?
 - ▶ We go through life doing stuff rather than being present and actually living life.
 - ▶ We rarely take time to live life in the present moment, to appreciate its wonders
- ▶ One approach to becoming a human being instead of a human doer is to set intentions
 - ▶ You can set the intention to be mindful as often as you can throughout the day
 - ▶ Your list of daily Living Minutes and Mindful Moments can be useful here!
 - ▶ You can create a to do list for what needs done at work, so that you stay focused on those tasks that you intended to do and to ensure that they are aligned with your professional goals and priorities
 - ▶ Human doers go to work without a plan and just do stuff until it's time to go home; human beings go in with intention and purpose that align with their goals.



Setting Intentions

- ▶ **Write down your intentions for the day**
 - ▶ You can set these for a week or even a month at a time, but they should be renewed every day to stay focused on the intentions
 - ▶ Intentions are not goals
 - ▶ What are things that you need to focus on for your own personal well-being?
 - ▶ Stay focused on you and not others
- ▶ **Be as clear, simple, and concise as possible**
 - ▶ Today, I commit myself to...
 - ▶ Just for today, I will be...
- ▶ **State your intentions in a positive manner**
 - ▶ Today, I commit myself to avoiding junk food = somewhat negative
 - ▶ Just for today, I will eat as healthily as I can = more positive
 - ▶ I won't yell at the kids today or get impatient with them = negative, a little convoluted
 - ▶ Today I'll be patient and calm = positive and concise
- ▶ **Let go of any Limiting Beliefs**
 - ▶ Tomorrow's Lesson
- ▶ **Journal how well your intentions are going**
 - ▶ Any ups and downs?
 - ▶ Challenges? How were they addressed?
 - ▶ How are you feeling through the process?

Help me help others



- ▶ Please consider pausing the video and making a donation
- ▶ I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- ▶ I have spent thousands of hours studying mindfulness and preparing all of this content
- ▶ I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
 - ▶ Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- ▶ To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



Your Mission

➤ *How are you a human doer?*

- **Reflect on the past few days. In what ways were you a human doer and not a human being? What methods can you employ to get you out of this mindset? Don't forget to be recording your exercises in your Officer's Log! 😊**

➤ *Set Daily Intentions*

- **Begin setting daily intentions, at least one personal one and one professional one. These will help you stay grounded and focused throughout the day.**