

Setting Your Intention - 2026

Setting an intention for the new year is like planting a seed. It is not a goal as much as it is your vision for how you want to grow. Intentions do not focus on a certain outcome but rather are your guiding principles that you choose to carry with you for the year. Intentions are not static, they evolve as we grow, so remain flexible and adjust or amend your intention as needed.

1. Identify your intention.

Health	Resilience	Create	Peace
Love	Prosperity	Adventure	Connection
Hope	Change	Balance	Growth
Creativity	Strength	Gratitude	Other

2. Create an Intention Statement. Examples:

- This year, being grateful for all the good things in my life is my intention.
- I intend to prioritize balancing work and rest.
- My intention is to release limiting beliefs.
- I intend to explore new places and interests that bring me joy.
- With intention, I will embrace change and uncertainty and see them as opportunities for learning and growth.
- I intend to nurture my creativity and share it boldly.

3. Write out your Intention Statement and post it some place visible so that you can see it every day. It takes 21 days to form a new habit. Say your intention statement every day and check it off on your calendar until it becomes part of your daily routine.

