

INTENTION ★ ATTENTION ★ PERSEVERANCE

My intention is to (be specific):

Write down exactly **what** you intend to do, as well as **when**, **where**, and **how** you intend to do it. It's ineffective and a waste of your time to create a vague intention, so aim to be as specific as possible. (See page 7 for examples.) You may need to adjust all or part of your intention after you try it out. If so, just write out a new intention. You want to find something that works, not be rigid and inflexible.

I'm going to pay attention by:

Identify how you will keep your **attention** focused on your **intention**. (See pages 8-10 for examples.) It's easy for intentions to fall through the cracks, so assume that's what will happen to yours unless you plan ahead. Don't count on remembering. Write it on your calendar. Ask someone else to remind you. Stick notes on your mirror or refrigerator. If the first thing you try doesn't work, try something else.

I'm going to stay on track by:

Decide now what you're going to do when you can't or don't follow through on your intention because that *will* happen. How do you plan to reaffirm your commitment and **get back on track**? You could enlist someone's support and call that person for encouragement. You could write about why you are committed to your intention. You could restart your intention by creating a new one (writing it out again).

I'm going to reward myself by (when/how):

Rewarding yourself when you follow through with an intention activates memory and learning circuits in the brain, which makes it more likely you will follow through the next time. Don't use things you're trying to avoid (sugar, for example, if you're trying to avoid that) as a reward. Make a list of things you enjoy or would like to try and choose from the list. This is a critical step; don't skip it or give it short shrift.