

Mindful Memo

Week 19– January 3rd - RCMA Wimauma Community Academy

Resolutions versus Intentions

Last year is in the history books, which means exciting changes...and pesky New Year's resolutions. Unfortunately, statistics show that only about 8% of people will actually achieve them.

Monica Berg, author and host of the *Spiritually Hungry* podcast says "Goals are static and set in the future. Intentions are in the here and now. They are about you being in the moment as you work toward your goals."

This week's challenge is to set an intention versus a resolution. Take time to reflect and choose a word that represents what you'd like to focus on this year. Choose one of the below words, or think of your own.

Dedication

Health

Kindness

Gratitude

Patience

Achievement

Adaptability

Nature

Transformation

Peace

Healing

Joy

Confidence

Renew

Resilient

Enjoy

Contentment

Willingness

Growth

Giving

Passion

Understanding

Reflective

Creativity

Present

Serenity

Integrity

Greatness is not a function of circumstance. Greatness, it turns out, is largely a matter of conscious choice, and discipline.

– Jim Collins

"INTENTION
is more than
wishful thinking.
It's willful direction"

Jennifer Williamson