



Starting the Year with Intention

Every New Year, many people set resolutions hoping this will be the year things finally change. Yet resolutions often fall apart—not because of a lack of motivation, but because they're rigid and overly focused on outcomes.

Why Resolutions Often Fail

Resolutions rely heavily on perfection and willpower. When life inevitably gets in the way and you miss a day or slip up, the resolution can feel “broken,” leading to guilt or giving up altogether. They tend to focus on what you want to achieve while overlooking why it matters.

Why Intentions Are More Effective

Intentions shift the focus from outcomes to alignment. Rather than defining success by a single result, intentions define success as repeatedly choosing actions that reflect your values.

Resolution: Lose 10 pounds | **Intention:** Prioritize my health and energy

Give It a Try – Set your New Year's Intention for 2026

1. Reflect on what matters most to you.
2. Notice what you want more of—and less of—in your life.
3. Write out 1–3 simple intentions on a post-it or flashcard.
4. Place it somewhere you look daily—your planner, lock screen, workspace, mirror, etc.
5. Support your intentions with small, consistent actions each day.

Remember, slipping up is part of the process. You will lose focus, fall out of routine, or make choices that don't align. That doesn't mean you've failed—it means the intention remains available to guide your next choice. You've got this!

My intention for the new year is to: _____
