



Ready, Set, Go!

Be intentional in what you do

Harness your inner strength by setting intentions. Think of an intention as a road map for your day. It's not a goal — but a purpose or attitude that you're proud to embrace; that's the power of it. Individuals and teams can set intentions. Read on to learn how.

DESIGNING YOUR INTENTIONS

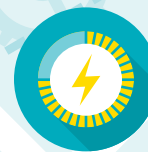
Give yourself the gift of reflection and answer the following questions:



BODY: What do I do to keep my body strong and healthy?



SPIRIT: What do I do to nourish my spirit?



RECOVERY: What do I enjoy that recharges my battery?

ACTIVITY



Share this flyer with your team. Ask them to answer the questions above.



After they've had time to consider their answers, discuss everyone's responses.



Choose one intention to act on as a team. Use the form below to record your intention and post it somewhere visible as a daily reminder.



Check in with each other at least twice a week during huddles or other moments when you're together. Is one of your colleagues really doing well? Share success stories and barriers to learn from each other.



IDEAS FOR INTENTIONS

For teams:

» *This week, we commit ourselves to being kind and thoughtful with each other.*

For yourself:

» *Today, I commit myself to moving my body to feel strong.*

» *This month, I commit myself to finding joy in work.*

✂ CUT OUT ON DOTTED LINE

“This _____, _____ commit to _____.”
 (week/month) (I/we) (place intention here)