



## DOING IT WITH INTENTION

We often walk around our lives, blindly “going through the motions.” We eat, we sleep, we work, we love, and we play—but, we rarely take a moment to be present to **WHY** we are doing these things. Setting intention prior to any activity is a practice in **MINDFULNESS**. It’s as simple as taking 5 seconds and asking yourself: **WHAT IS MY INTENTION HERE?** For example: before you eat, you can set the intention to nourish and fuel your body. Before you sleep, you can set the intention to rest and recover fully. Before you enter a meeting, you can set the intention to communicate your vision clearly to others. Setting our intention, gets us clear, focuses our attention, and brings mindfulness to our actions. This is a huge, yet simple, step towards life mastery.

**Today, set 5 notifications on your phone, at least one hour apart. Your notification could say: WHAT IS YOUR INTENTION RIGHT NOW? Also, be conscious of setting an intention before every activity you partake in, in between alarms. You may forget, and that’s ok. When you are reminded, bring yourself back to mindfulness and set your intention.**

**REFLECTION:** How did it feel to be intentional with your day? \_\_\_\_\_  
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# REFLECTION QUESTIONS: WEEK FOUR

Email all answers to [bridgemethod@gmail.com](mailto:bridgemethod@gmail.com)  
with subject: ACCOUNTABILITY WEEK FOUR

1. What's coming up for me?
2. What discoveries did I make?
3. How do I feel about where I stand?
4. What am I noticing the biggest shift in from the prior weeks?
5. What has been the most effective practice for me this month?
6. What am I committing to for next week?

## BONUS ACTION:

Take on your list of "INCOMPLETE'S" and get complete with 3 more things. If you're on a roll, keep going!