



# Intentions or New Year's Resolutions?

New Year's Resolutions are destined for failure - only about 8% of New Year's Resolutions are successful at all and approximately 80% of them are broken by February. There are several reasons for this –

- When you fail, you often give up, telling yourself you can put it on your list for next year.
- There's no room for mess-ups (understanding why you are self-sabotaging and then re-starting).
- You are making your resolutions based on what you think you "should" do rather than what you really want.
- You are treating a marathon like a sprint - it takes time to change.
- They are based totally on your actions and not on how you want to feel.
- You expect yourself to do them all by yourself.
- You don't have a plan.
- You don't believe in yourself.
- You don't enjoy the process.
- You know what you want to achieve but don't know why.
- It's not really a priority to you.

Rather than making New Year's Resolutions - I invite you to Set Intentions instead.

- The idea of setting intentions comes from the Sanskrit word "sankalpa" which means "intention formed by the heart and mind."
- They are written in contemplation, so you get clarity about what's important to you and not what's expected of you.
- You can revise them at any time and you may want to do this periodically.
- There's no failure in intentions because when you inevitably self-sabotage, you recognize it's an opportunity to understand what's getting in your way.
- You are inviting help from God or the Universe as you clearly state your intentions and act in alignment with them.
- It starts with the idea that you are already enough, so you move forward with the understanding that it's more about the journey than the specific outcome.
- They are focused on how you want to feel, leaving room for opportunities to show up rather than you having to do ALL of the work yourself.
- The process brings excitement and promise rather than feeling guilty and lazy when February rolls around.
- It's a practice rather than a set-up for failure - it's an ever-renewing process.

Belinda Phillips/Healing and Coaching/[www.belindaphillips.com/248-408-8002](http://www.belindaphillips.com/248-408-8002)



When setting intentions, it's more about the reason for what you want and what you want to experience. For example, instead of making the resolution, I will lose 10 pounds, set the intention, I will treat my body with respect because I believe I am worth it.

In the spirit of bringing your dreams and desires into your life, I invite you to write out your intentions. Many of us have stopped dreaming. When we sit down to write out our intentions, we may stare at the blank page pondering what we want. To help you get started, I have provided some writing prompts below.

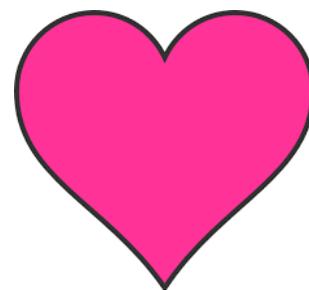
Before you write out your intentions, I suggest that you create a sacred space to write where it's quiet and you won't be interrupted. Clear out anything that will distract you, turn on some quiet or inspiring music, light a candle and just let your intentions flow...

I would love it if you shared your intentions with me if you are comfortable doing so at [belinda@belindaphillips.com](mailto:belinda@belindaphillips.com)

If I can support you in any way, let me know.

And if you'd like to set up a call with me to explore how working together would provide you with just the right insight, tools, process, and support to clear out what's getting in your way and to bring the experiences you want into your life, just email [belinda@belindaphillips.com](mailto:belinda@belindaphillips.com) or call 248-408-8002 and we can figure out a time to meet.

Use these writing prompts below to inspire you. Answer all or some of them. It's entirely up to you. Oh...and don't forget to have fun!




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1. How do you want to show up in the world? What would you like people to say about you? What would you like to say about yourself?

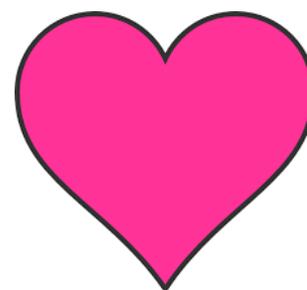
- Examples - bold, courageous, loving, kind, giving, caring, forgiving, strong, present, purposeful, creative, committed, authentic, wise, clear-communicator, leader, patient, focused
- Sample intentions - I want to live my life boldly and courageously and stop worrying about what other people will think of me. I want to love big, give freely and help lift people up without being afraid I will be hurt. I want to be focused and committed in everything I decide to accomplish without being distracted by everyone else's problems.

2. What do you want to accomplish? What would make you proud if you created this? What makes you cry when you hear or read about it and how do you want to impact this? How do you want to make an impact on the world?

- Examples - listening and coaching others, telling beautiful stories through creative outlets, lifting people up, serving others who have challenges, being the best version of yourself and shining brightly so that you inspire others to do the same
- Sample intentions - I will join in with the efforts to eliminate human trafficking. I will be an effective leader in my company. I will create a company that impacts the lives of many by teaching meditation and other stress reducing practices. I will do one intentional act of kindness for a stranger every day.

3. How do you want to make an impact on your family?

- Examples - setting an example, breaking dysfunctional and destructive family patterns, giving love and support, providing for their needs to survive (food and shelter), being patient, listening
- Sample intentions - I will stop the pattern of connecting through suffering in my biological family by choosing to connect through loving kindness. I will stop engaging in petty arguments with my spouse. I will treat my children as the blessings they really are.



4. What do you want to experience?

- Example - peace and calm, the state of love, loving and supportive relationships, cherished by a romantic partner, emotional and physical intimacy, being present, mysticism, a strong relationship with God (God's love), self-love, happiness, joy, love big, receive love, gratitude, your genius zone, respect, health, feel good, seen, heard and understood, engaging in the world (political activism, social justice, involved in conversation), freedom, financial abundance
- Sample intentions - I will let go of whatever is standing in my way to living in my genius zone and I will get my message of loving kindness out to the world through written and video blogs. I will find loving and supportive communities to be a part of where I can share ideas and engage in stimulating conversation and true connection. I will be free of the societal and religious norms placed on me so that I am free to live my Truth without fear of repercussions. I will experience vitality and health by choosing activities and foods that nourish me.

5. If you had financial abundance, what would it allow you to do?

- Examples - travel, buy a house, care for my family, be less stressed, be present, stop worrying, give to charity, help others, pay off loans, attend concerts, retreats, or other activities, have fun
- Sample intentions - I will create a successful business using my gifts and talents that help others to fully experience their lives and receive remuneration that allows me to do the same. I will have fun experiences without concerns about

cost because I have created financial abundance in my life. I will give generously to causes that are meaningful for me.

6. If you could create anything whether it's for your career or your personal life, what would that be? What does success mean to you? What would you do or be so that you would know that you are a success?

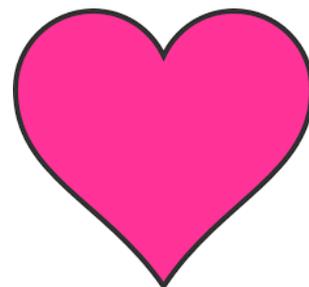
- Examples - write a book, be known for excellence in your career, get a promotion, be a great manager or leader, become an entrepreneur, have children, be a great parent, be the best version of yourself
- Sample intentions - I will live my life in a state of love rather than a state of fear and I will teach others to do the same. I will be the best teacher I can be and my students will excel in their educational, emotional and social skills.

7. What would it mean if you were taking action towards your goals, what would those goals be, and what would you be doing?

- Examples -
  - Health/well-being/lifestyle - eat clean, get 8 hours sleep, meditate, exercise
  - Career/finances - look for a new job, do the work to move past fears of starting a business, pay off loans, save each month
  - Relationships - romantic/family/friendships/work - go to marriage counseling, start dating, be a good friend, go to meetup groups that interest me, listen more
  - Spirituality - commit to a daily practice, meditate, go to yoga, go to a place of worship
  - Serving others/having an impact - do charity work, give to a charity, do intentional acts of kindness to strangers
- Sample intentions - I will make myself a priority and practice self-care by making sure I get 8 hours of sleep each night and wake up 20 minutes early to meditate. I will make time to meet up with my friends one time every week. I will make time to give back to my community every week by volunteering at a local charity that's meaningful to me.

8. If you could let go of your old story, what would you be letting go of? What would your new story be?

- Examples - Old story - only bad things happen to me. New story - I have had some challenging experiences and I have learned from them and I choose to do what's necessary to bring good into my life and the lives of others. Old story - I am not enough. New story - I am a divine being and ready to live my Truth.
- Sample Intentions - I will choose to find the gifts in the challenges I encounter in my life. I will look for all of the good things that happen to me each day and focus on these. I will do what feels right for me rather than trying to please everyone around me.



9. If you could let go of your fears, what would you let go of and how would you live instead?

- Examples - fear of failure, fear of heights, fear of being alone,
- Sample Intentions - I will conquer my conscious fears by living boldly and finding people to support me in my efforts. I will take action towards my goals knowing that sometimes I will fail but ultimately I will succeed.

10. What limiting beliefs do you want to get rid of?

- Examples - If I speak my truth, I will be alone. It's unsafe for me to trust my intuition. I am not enough
- Sample Intentions - I will do the work necessary to let go of the limiting beliefs that hold me back from my desires and dreams.

11. If you could heal from the loss and grief you are experiencing or are afraid to experience - what scares you about that and what do you think you might experience differently if you could?

- Examples - if I heal from the loss of letting go of my partner, I will be alone for the rest of my life. If I heal from the loss of a loved one, I will lose my connection with them.
- Sample Intentions - I can let go of the loss I feel from my breakup and create the space for a healthy relationship. I can honor the loss of losing my loved one and experience the goodness of life.

12. If you had the romantic partner you have always dreamed of, how would you feel, what would you like to create or share with that partner, what would you like to experience with your partner?

- Examples – safe, loved, cherished, supported, fun, silly, someone to travel with, someone to laugh with
- Sample Intentions – I want to be in a relationship with my romantic partner and feel safe to be my authentic self without judgment. I want to have deep and meaningful conversations about what's important to each of us. I want to create memorable experiences with my romantic partner.

