

Intentional Wellness & Increasing Awareness

LIVING WELL – JANUARY 2022

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“Everything that happens in the universe starts with intention.”

– DEEPAK CHOPRA

At the start of a New Year, we promise ourselves we will adjust our habits hoping to spark positive change. We tell ourselves ‘In the New Year I will stop (insert activity) and I will start (insert activity).’ These resolutions are often things we think we should do and are generally goals without a plan. As a result, New Year’s resolutions are actually more unattainable than many of us realize, so why set yourself up to fail?

Try setting New Year intentions instead, things you actually want to do for yourself. An intention is something you want to manifest in your life, a guiding principle you want to live by and consciously intent to be, learn, do, have, feel, or experience. *Intentions are about the journey.*

Get ready to achieve all that you want this year, by following these intention setting tips:

Start with a personal inventory – on your physical and mental health, relationships, career, interests and desires. Think about what you are passion about, what brings you happiness, gives you purpose, and what makes you feel fulfilled.

Change your mindset – instead of the resolution ‘I want to lose weight’ or ‘I want to save money’ - your intention would be ‘I want to practice self-care every day’ or ‘I want to be disciplined with my finances.’

Decide what intention is most important to you – select one that best aligns with your current priorities, goals, dreams and aspirations. Intentions should be a stretch, not a struggle.

Name your intention – selecting just one word or phrase will help keep your focus and integrate your intention into your actions. Simple words such as patience, openness, acceptance, compassion, strength and peace are very expressive; as are phrases such as ‘open your heart and mind’ and ‘kindness for myself and others.’

Commit to your intention – make it part of your every day thinking and decide if you want to focus on one intention for the year or perhaps you would like to change your intention each month.

Share your intention – a trusted friend who knows and supports you can help keep you on track when you find yourself struggling to stay focused.

Stay centered and focus your energy on your intention – do not be influenced by others (or your own) doubts or criticisms. Trust yourself and the potential of your intention.

Set Smart Goals – when setting goals to achieve your intention remember that they need to be SMART (Specific, Measurable, Achievable, Relevant and Time-focused).

You have control over your own life – the small decisions that you make every day can lead to different paths, as you have full control over your decisions and your actions.



Plant the seed for a better year with your intentions, and then let it manifest.
Allow yourself to gain greater awareness by being mindful, present and focused.

Remember, energy flows where intention goes.

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