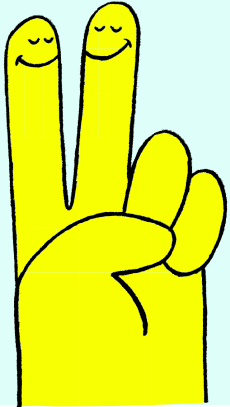


Putting Words Into Action



INTENTIONS BRING YOUR VALUES TO LIFE. WHEN YOU “SET AN INTENTION,” AS IT IS SOMETIMES PHRASED, YOU CONNECT YOUR VALUES AND PURPOSE WITH THE WAY YOU WANT TO MOVE THROUGH THE WORLD.

FOR EXAMPLE, YOU MIGHT MAKE IT YOUR INTENTION TO MOVE THROUGH YOUR DAY WITH GRATITUDE. OR, YOU COULD MAKE IT YOUR INTENTION TO KEEP WATCH FOR OPPORTUNITIES TO HELP THOSE AROUND YOU.

Discussion Questions

1. What values are important to you when it comes to your family? Your greater community?

2. What are some things you could do that might help improve the lives of your family members, or people in your community, according to those values?

3. How might you change your behaviour or mindset in your daily life so that you are more able to act on your values and help the people around you?

Take Action

Reflect on your personal philosophy and the values that guide your life. Try defining them in 25 words—or take as many as you need!

Let this philosophy be your touchstone. Come back to it often. Never ever be afraid to revise or update your thinking.

Put your values to work in your daily life!

“WE ARE WHAT WE IMAGINE. OUR VERY EXISTENCE CONSISTS IN OUR IMAGINATION OF OURSELVES. OUR BEST DESTINY IS TO IMAGINE, AT LEAST, COMPLETELY, WHO AND WHAT, AND THAT WE ARE. THE GREATEST TRAGEDY THAT CAN BEFALL US IS TO GO UNIMAGINED.”

N. SCOTT MOMADAY

