

# PLAY 101

April

## INTENTIONS

Our Mission is to teach and promote the ideas of PLAY as adults to create balance across SPICE domains to people who are new to self development.

### WHAT



Setting goals is important towards creating long term Visions. Breaking them down into intermediate goals helps you create a system where you can mindfully grow towards your vision. We call these Intentions.

### WHY



Intentions=Values+Direction  
Intention (passive)~ Goals (Active)  
Our Intentions passively reminds us of our desired outcome.  
Goals sets these intentions into action.

### HOW

#### ***Set your intention***

- Reflect on one habit you would like to change or accuire
- What goal can you action today to create this habit?

#### ***Set your goal: SMART goals***

- S: Specific
- M: Measurable
- A: Actionable
- R: Relevant
- T: Timed



## ***Track your progress***

- Journaling is an excellent way to express your intentions and set goals.
- Set aside 5 minutes everyday to journal your reflections. We like to Journal in the morning when it is quiet.
- Seeing the patterns in your actions helps you celebrate your accomplishments.

**Balance is achieved with the careful science of understanding oneself radically, accepting where you are now, and creating systems to meet your future. Shireen Sewcharran-Wiebe**