



How do you want to meet what comes next?

The skill of intention setting · name: _____ · date: _____



Many outcomes depend on circumstances and other people as well as our own effort. An intention turns our attention towards how we would like to take part: with patience, honesty, courage, care or another quality that matters. It can guide an action without making us responsible for controlling the result.

What we are practising

By the end of this lesson, you can distinguish a goal from an intention and choose a guiding quality for an upcoming activity.

During the activity

Choose a compass word: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

What kind of upcoming situation, such as a test or a tricky conversation, might one compass word like steady or curious be worth carrying into?

Exit ticket · How do you want to meet what comes next?

What is the key difference between a goal and an intention, as this lesson explains it?

- a) A goal is a target out in front of you; an intention is how you want to travel towards it
- b) A goal and an intention are simply two words for the same thing
- c) An intention is always a bigger target than a goal
- d) A goal is about feelings, an intention is about results

I can explain the difference between a goal and an intention, and give an example of a guiding intention for an upcoming situation.

☐ more than before ☐ about the same

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