

# 7 Steps for Setting Intentions This Year

Take a mindful moment to be intentional as you set your resolutions. Here's how:



Pause to declutter your mind of last year's unmet resolutions and the busyness of the start of the year.



Pick one or two changes you would like to make that are the most important to you.



Reflect on your most important values at this time in your life – and why these are important to you.



Connect your intentions to your values. For example: "I want to be more present and connected with my family and colleagues to deepen these relationships."



Set specific, day-to-day action steps you can take to help you reach your broader intention.



Pause and take a few mindful breaths. Reflect on what might be in the way of doing these action steps if it's not coming easily. Reconnect to your original intentions and values to fuel what you want to make happen in your life.



Remember: you don't have to be perfect – just do your best.

**Optum**

Written by eM Life Instructor Andrea Lieberstein, MPH, RDN, RYT

**This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States or the local emergency services phone number if you are outside the United States, or go to the nearest accident & emergency department.** This programme is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g. employer or health plan). This programme and all its components, in particular services to family members below the age of 16, may not be available in all locations and are subject to change without prior notice. Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

© 2023 Optum, Inc. All rights reserved. Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of the property of their respective owners. Optum is an equal opportunity employer.