

## Being Intentional and Doing with Purpose

Today's snippet of well-being and mental health is around **being intentional**. That is doing something with purpose.

A daily intention sets your reticular activation system (RAS) to work. Your RAS is essentially a filter for information. Your brain is overloaded with information every day, and it simply cannot absorb all those colours, noises, and facts, so it filters them based on your internalised belief system.

For example, you buy a new car that you think is unique because you have never seen one like that, and then everywhere you go, you suddenly see your same new car. That is your RAS system at work, it's like a paradigm shift and you can use this part of your brain for good.

If you set your focus or brain filter to your goals with a specific intention, your brain will filter through all the information you receive automatically. This will work by effectively feeding you information that is relevant to your goal.

TED talks have an interesting video on Intention setting: <https://lnkd.in/eq-CxD5h>

This is why thinking intentionally is so powerful because you are turning your brain biology in your favour. It is an incredibly powerful tool to switch from negative thinking to positive.

Your brain is always searching and filtering throughout the day, you just have to put on the right filter.

So, as we count down to the next half term break, I hope you will all take time to rest (and not feel guilty), think positive thoughts, be kind to yourselves (do the things you enjoy and need) and recharge your mind and body.

Look after you! 😊

# 7 DAILY INTENTIONS TO CONSIDER RIGHT NOW



## 1. I will practice gratitude

A daily gratitude practice will help you maintain a positive outlook on life.



## 2. I will engage in a creative activity

Engaging the creative side of your brain regularly helps broaden your mind of thinking.



## 3. I will speak kindly to myself

Forgive yourself for mistakes you've made. Speak to yourself the way you would to a dear friend.



## 4. I will nourish my body with healthy foods

If your body is healthy, your mind and spirit are more likely to feel healthy too.



## 5. I will control what I can control

Focus on what you can and let go of what you can't. Your life will thrive.



## 6. I will look for the positive side in negative situations

A daily gratitude practice will help you maintain a positive outlook on life.



## 7. I will believe I am beautiful and accept my flaws

By setting the intention that you are beautiful as you are helps remove the anxiety that comes with daily living.



“It is not  
enough to have a  
good mind; the  
important thing is  
to use it well.”

—RENE DESCARTES

RS

#mentalhealthmatters #beintentional #mindsetmatters #purposefulliving #wellbeing  
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