

Handout for:

Fiercely Focused

with Sarah Parker Wolf

Using Intention
to Live a
Better
Teacher Life

6 Steps to Writing an Effective Intention

1. Think of a theme. Choose something that resonates with something that is on your mind lately.
2. Mind map it! Graphic organizers are for teachers too! Brainstorm a related topic for each day of the week or each week of the month.

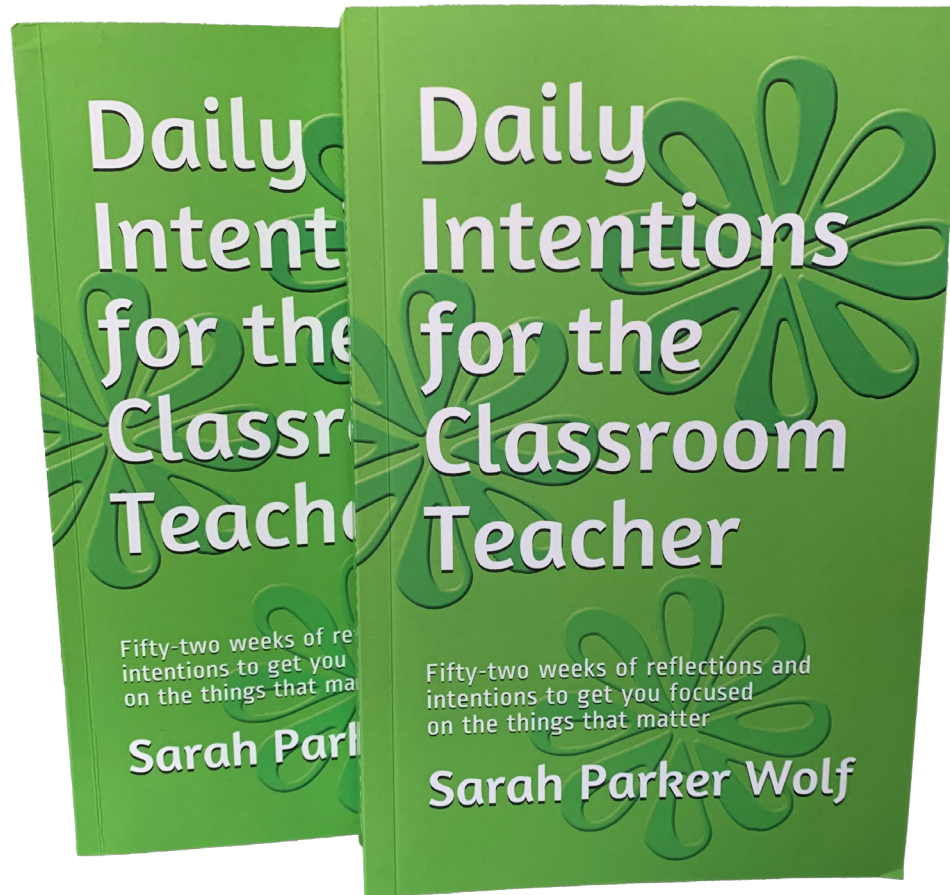
Example:
3. Craft your intention in the present tense (not the future).
4. Make sure you have used a powerful verb!
5. Write it down or print it, and keep it out where you can see it throughout your day.
6. If you don't have time...check out *Daily Intentions for the Classroom Teacher*.

63 Active Verbs for Writing Intentions

Accept
Acknowledge
Allow
Appreciate
Awake
Begin
Breathe
Build
Celebrate
Choose
Commit
Communicate
Connect
Consider
Continue
Create
Develop
Discover
Embrace
Enjoy
Expect
Express
Feel
Find
Focus
Forgive
Give

Laugh
Lead
Live
Make
Model
Move
Notice
Nourish
Observe
Plan
Preserve
Read
Reassess
Recognize
Refocus
Rejoice
Release
Rephrase
Respect
Respond
Rest
Rethink
Revel in
Savor
See
Seek (out)
Seize

Serve
Share
Start
Strive
Take time
Turn off
Turn on
Use
Utilize



For more information or to purchase the full paperback or ebook edition of *Daily Intentions for the Classroom Teacher*, please visit sarahparkerwolf.com or you can find it on Amazon.com,