

Intentions aren't the same as resolutions

The definition of resolution is "a course of action determined or decided on," or "a firm determination." That sounds awfully final, doesn't it?

Not very flexible at all. Maybe that's why New Year's resolutions don't last – they feel too much like something one has to do or should do, almost against one's will.

INTENTION

Intention, on the other hand, is defined as "a course of action that one proposes to follow," or "an aim that guides action."

To me, this sounds much more self-directed, more purposeful. Like a journey with lots of room for discovery along the way. An intention is something *I want to do*.