

Mindful Best Practices to Support Your 2023 With Dr. Serena Huang + Klay S. Williams

I N T E N T I O N I S Y O U R G U I D E

What does it mean to set an intention and why is it necessary for our progress?

Intention is a guidepost that gives us a clear direction for our goals, ambitions, desires, and needs. It allows us to have a statement of purpose that invites us to demonstrate affirming behaviors and practices that support our intention.

When our actions are not in alignment with our intentions, we have a clear indication that we are not working in our best interests or motivations.

Intentions can:

- Provide clarity on personal and professional projects/goals
- Reduce communication breakdowns
- Lessen self-victimization, blame, and stagnation
- Promote gratitude, empathy, and compassion in the process of working toward our goals
- Challenge our values, integrity, and personal/professional code of ethics
- Unlock heightened creativity and activate our curiosity
- Support us in asking empowering questions
- Offer guiding boundaries to support our behaviors, practices, and rituals

A F F I R M I N G R E M I N D E R S

Boundaries Are All About Expansion

Boundaries help you access your personal and professional values to create a supportive foundation that works in your best interests. Setting boundaries is all about expanding the things that you do want, by limiting experiences that are not supportive to your well-being, health, and needs.

There Is Power in Asking Questions

Your Power Script: *This is what I need. Is that something you can support?*

2023 Power Reflection Questions:

- What are my intentions for my personal life?
- What are my intentions for my professional life?
- What are my intentions for my health and wellness? For my spiritual experience (if applicable)? For any other areas that are important to me?
- What boundaries do I need to create to fulfill my intentions to the very best of my ability?
- In what areas do I need to ask for support?

LET'S TALK

Connect with Dr. Serena Huang:

<https://www.linkedin.com/in/serenahuangphd/>

<https://www.linkedin.com/newsletters/from-data-to-action-6865733107904073729/>

<https://www.youtube.com/@BeWellwithSerena>

Connect with Klay S. Williams:

<https://www.klayswilliams.com/>

<https://www.youtube.com/@PlanAwithKlay>

<https://www.instagram.com/planawithklay/?hl=en>

<https://www.facebook.com/PlanAwithKlay/>

Klay's podcast, *Plan A Konversations*, is available wherever you listen to your podcasts.