

# Setting an Intention for the holidays

A simple guide to stay grounded + true to yourself.



1

## What Is an Intention?

A short, meaningful statement that guides how you want to feel and show up this season.

Example: "I choose presence over perfection."

2

## How to Set Your Intention

Check in: What do I need this season? What supports me?  
What drains me?

Choose one statement: Keep it simple, compassionate, and grounding.

Write it down: Put it where you'll see it often (phone, mirror, journal).

3

## Let It Guide You

When choices come up, pause and ask:  
"Does this align with my intention?"

4

## Come Back to It

You won't follow it perfectly — just return gently.

Try: Saying it out loud or take a few grounding breaths

5

## Stay True to Yourself

Your holidays don't need perfection — they need you.

Let your intention remind you to choose presence, boundaries, and what feels meaningful.

