



Mindful Living & Coaching

Week 5: Brahmacharya – Non Excess





Grounding

Bhramari Breath
Meditation
Chair yoga





Activity

Intention Part 2





Intention

What I desire

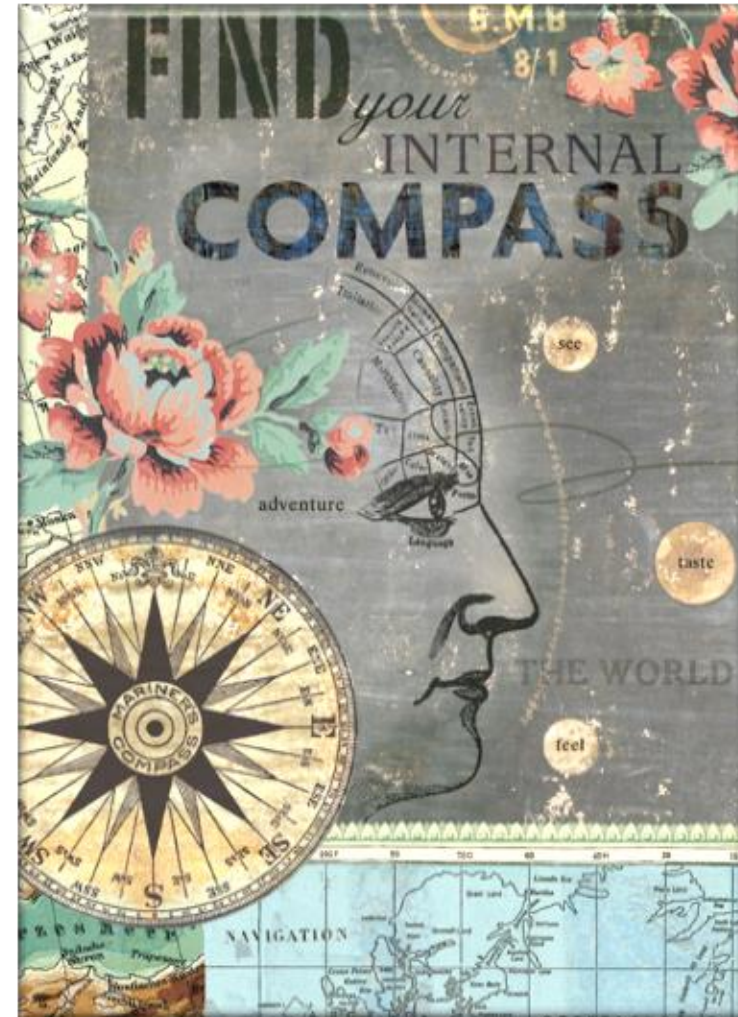


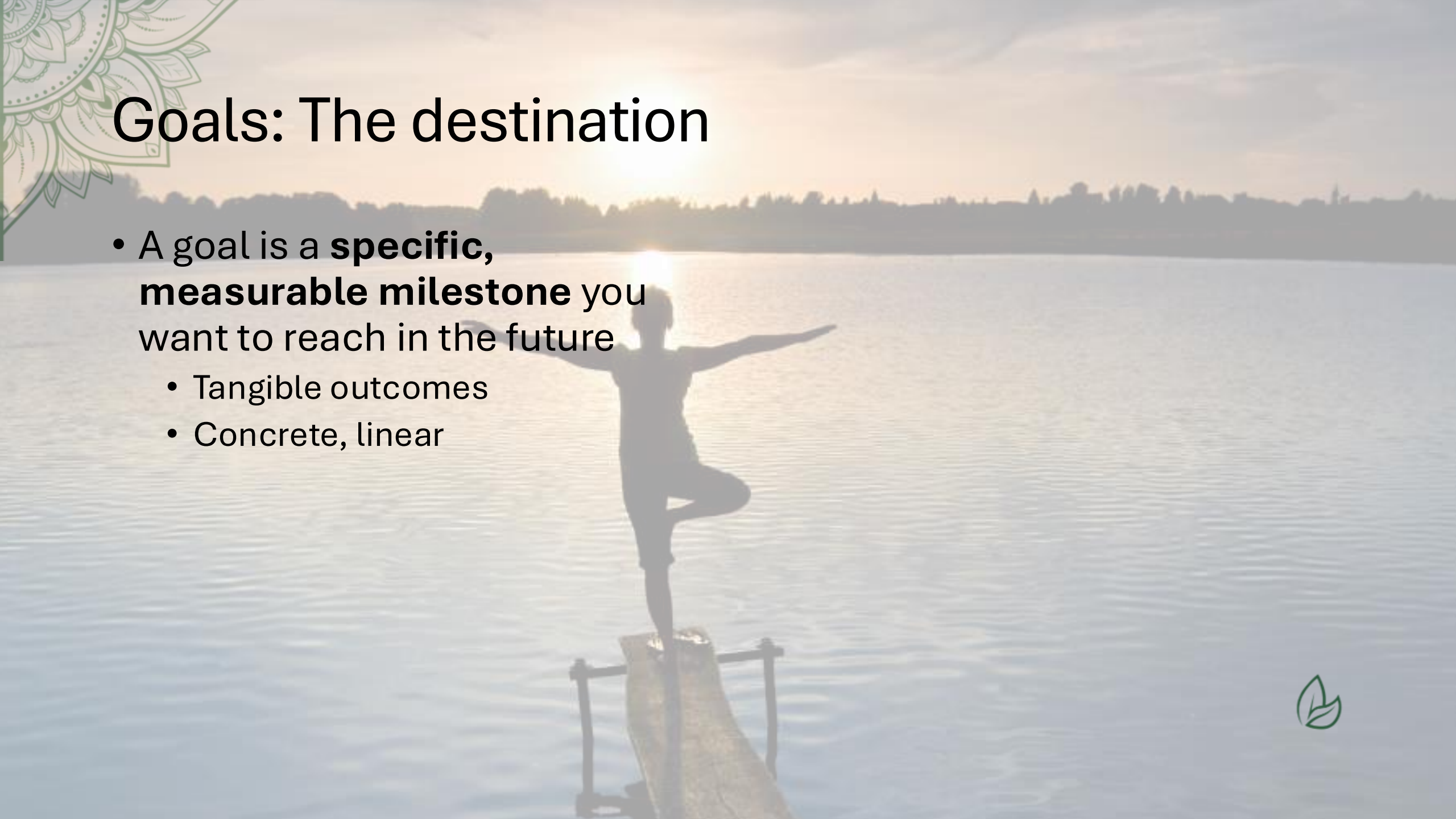
If you want something to grow
stronger in your life, direct more
of your attention to it.



Intention: Your internal compass

- An intention is a **guiding principle** or attitude that shapes how you want to show up in the world
 - Internal state
 - Personal values



A person is silhouetted against a bright sunset over a body of water. The person is standing on a wooden pier or dock, performing a yoga pose (Vrikshasana or Tree Pose) with one leg raised and arms extended horizontally. The sun is low on the horizon, creating a strong glow and reflecting on the water. In the background, a distant shoreline with trees and buildings is visible. A decorative green mandala is in the top-left corner.

Goals: The destination

- A goal is a **specific, measurable milestone** you want to reach in the future
 - Tangible outcomes
 - Concrete, linear



Action: The execution

- An action is the **physical behavior** you perform to bridge the gap between your thoughts and reality
 - Tasks



Example



- **Intention:** Improve my meditation practice
- **Goal:** Meditate once a day for 10 minutes for the next 30 days
- **Action:** I will set a reminder to meditate at 7:00am each day





Today's Journal Prompt

"What habits, obligations, or mindsets are currently draining my vitality? How can I intentionally redirect that energy toward what truly matters in my next chapter?"

