



Possible Ponderings

The theme for January is Living with Intention

Possible Ponderings is an offering of ways you might consider engaging more deeply with the theme or reflecting on the ways the idea of Living with Intention shows up in your life.

January 1-9: What is your intention when you wake up? Some begin the day by asking “What do I have to get done?” Others ask “What do I want this day to be about?” Which are you?

January 10-16: Are you too intentional? Is it time to put down all the “doing” and pay a bit more attention to “being”? Has your long list of intentions left you feeling exhausted and even lost?

January 17-23 They say intention takes pause. So when was the last time you stopped, stepped back, and allowed yourself to ask, “Am I going in the right direction?”

January 24-31 Are you as good at assumming the good intentions of others as you are at defending your own?