**Spring is here and time to revisit those New Year’s intentions and take the time to reset. Please enjoy this blog I wrote below on ‘Your Powerful Spring Intention Reset’.**

**Now is also a good time to learn mindful eating, do the Spring Online Mindful Eating (MB-EAT) Professional Training or receive personal coaching.**

**Your Powerful Spring Intention Reset**

**By Andrea Lieberstein**

It feels like just yesterday when the fresh new year was upon us - and many of us made resolutions with the best of intentions but far fewer carried them out. Ever noticed how you make a resolution to start a regular meditation, exercise or yoga practice, only to end up feeling guilty that you haven’t even practiced regularly. Or perhaps you planned to embrace a non-diet healthy lifestyle approach, lose a few pounds, only to return to diet mentality and the familiar yo-yo pattern. Maybe your dream project that you were sure you were going to start, has gotten relegated to the bottom of your list once again.

Resolutions are important, give us hope and a direction, but they usually lack support to carry them through. Research and experience offers us a technology that works to carry through and manifest in our lives what is truly most important to us. The following approach to following through and making changes using the power of intentions. A version is in my book Well Nourished, and based on the best of behavioral science and mindfulness practice.

1) **Pause.** Stop and breathe. What are the changes you would like to make in this New Year? Pick one or two that are the most important to you, the ones you feel energized about. Check to see that these are truly what you want and not someone else’s idea of what you *should* do. This intention can be a broad sweep, not specific such as “I want to have a better sense of well-being and energy this year”.

2) **Reflect** upon what are your most important values at this time in your life. Is it having health, energy to do the things you love, well-being, a healthy lifestyle, creativity, self-expression, social connection, making a difference in the world or…? Reflect why these are important to you.  Consider what would be more possible in your life as you live your values more fully.

3) **Connect Your Intentions with Your Values**. Research shows us that when intentions are connected to your values you are more apt to be successful. An intention may include more than one value. For example, “I want to have my health, and energy to make a positive contribution to the world through my work, and spend quality time with those I care about.” I want to have full energy and ease for my optimum work life balance” Now power your intentions with your values.

4) **Power Up Your Action Steps.** Your intention becomes your compass, pointing you in the direction of where you want to be, how you want to feel in your life. You can use it to power you up and motivate you to take the steps to reach it. It’s a gentler and more effective way to think about goals. The next step is to set specific actions to help you reach your broader intention. You can think of these action steps as the day to day ingredients needed to reach the delicious and nourishing manifestation or feast of your intentions. Examples of action steps might be to practice mindfulness meditation 14 minutes a day. Another might be to schedule in specific times to exercise, take a snack or meal break, or work on that fulfilling dream project.

**5) Stay On Course**. It can be easy though to keep working, do errands or procrastinate with TV or screen surfing instead of taking the steps of self-care. Practice a mindful check in at these choice points and use your intention - *Stop-Breath-Reflect*-Connect-*Power Up*. Notice what might be in the way of doing these action steps if it’s not coming easily. Remember your original intentions, why you are scheduling or practicing self-care opportunities, and recommit. Power Up as you reconnect to your original intentions and values fueling what you’re wanting to make happen or inspire in your life.

5) **Practice self-compassion** rather than judgment. We can get tripped up when we judge ourselves for not following our intentions or reaching our goals. Sometimes we might even turn the other way or give up. But you can let go of all or nothing thinking. You don’t have to be perfect, just do your best and recommit in the next moment, the next day. It’s important to develop the art of self-compassion so you can engage the “kind voice”, the caring mindful voice, which is supportive, soothes you when your expectations or best laid plans don’t match reality, and motivates you to begin again.

So ready for your Spring Intention Reset? How are you doing so far this year? Review resolutions you may have already made. Take the time to power them up or make new ones using this approach.  Experience how initiating change by taking a mindful pause, and connecting with your values and intentions, can make all the difference in creating the life you truly want – and a happier more fulfilled you.

Small steps do make for big change over time and before you know it, you are living your mindful Well Nourished Life!

**A shorter version of this article was first published at eMindful.**

See more details about the upcoming online professional MB-EAT Mindful Eating Training programs at http://www.mindfuleatingtraining.com/online-professional-training