

Intentions

Written by Gayle Nobel

Friday, 19 October 2012 07:43 - Last Updated Friday, 19 October 2012 19:33

Blog-a-thon Day #19

It's Friday morning and I'm trying to decide on an intention for the day. We have been talking in yoga about setting a daily intention and then watching what life does with it. The point is we never get exactly what we want but we can point ourselves in the direction of our intentions. Then, with awareness, we can observe ourselves reacting to going on and off course.

So far, I'm drawing a blank on what I would like my intention to be for today. But I have come across this inspiration once again and am reminded that the list makes for some great LIFE intentions.

How to live a life without regrets:

~~be true to your real self

~~don't work so hard you miss your life

~~have the courage to express your feelings

~~stay in touch with your friends

~~let yourself be happy

From [Top five regrets of the dying](#)

Intentions

Written by Gayle Nobel

Friday, 19 October 2012 07:43 - Last Updated Friday, 19 October 2012 19:33

Quotacious:

"Having good intentions isn't enough when actions fail; you also need some bad intentions so that you look competent."

~~Benson Bruno