



Creating a Statement of Intentions Worksheet

The power of stating and intention is to paint a picture of moving from a current state to a desired state. With this, you signal the better nature of life being sought as you continue on the path to recovery. And, with this, you can spend your days inspiring others live up to what you have stated.

Here are the three things that constitute a powerful statement of intentions.

1

A Cause and Commitment

Community change does not result from merely telling others what they should do differently. It happens when people rally around your cause, your “why.” Here are a few questions to help you sharpen the clarity of your cause and the commitment you are looking from others:

- Why is this important for you? For those around you?
- What are the consequences of doing nothing?
- What can be the result of changing the way your community supports students in recovery?

2

Picture of Change

There is a picture you have of how people and groups in your community might work together to fulfill your intentions for community change. Think of change as a shift in the way your community supports students in recovery. To contribute, people need to be made aware of these new opportunities. These questions are designed to help you describe the way your community may change:

- How might people best contribute to a new way of helping students in recovery live their best life?
- How would you describe the intended from-to to someone else?

Use the chart below to compare the future community to the present one.

FROM how we <i>currently</i> support students in recovery	TO how we <i>could</i> support students in recovery

