

# Implement Intentions

Setting implement intentions helps to remove any vagueness surrounding your goal and transforms it into a concrete plan of action.

 Hope

 20 Minutes

 Intermediate

My goal: .....

Activity	When?	Where?
<i>I will go for a walk</i>	<i>For 1 hour at 5pm</i>	<i>In my local park</i>



My goal: .....

<b>IF</b>	<b>THEN</b>
<i>My meeting runs over and I'm unable to go for a walk this evening,</i>	<i>I'll wake up early tomorrow and go for a run before work</i>



# Full Instructions

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An implement intention refers to a **pre-determined** plan you make about when and where to act in order to achieve a specific goal and can be created using the following format:

*“When situation X arises, I will perform response Y”*

The idea is to make the time and location of each activity so obvious that, with enough repetition, you automatically get the urge to complete it, transforming your goal into a habit.

1. Using the first table, think about an **existing goal** you have that you are struggling to complete. Start small, pick something that you can realistically address straight away e.g. *“I’m going to get healthier”*.
2. Remove the vagueness of your goal by rephrasing it according to the **specific activity** you will perform followed by the **time** and **location** in which you will perform it.

.....

Sometimes you won’t be able to implement an activity, no matter how perfect your plan. When this happens, you can change the format of your intention to an **“if-then” version**.

3. Using the second table, think about the goal that you were unable to implement an intention for. **Rephrase** it into an if-then statement.

*In doing this, you’re still stating your intention to perform a particular activity but, you are planning for any unexpected situations or obstacles that might crop up.*