

# CREATE YOUR **PERSONAL** INTENTION!

Throughout the day our mood and our frame of mind influence our perceptions, our modes of action and reaction. By consciously choosing an attitude, a personal goal that is in harmony with our needs and with our objectives of the moment will make us more resistant to external pressures and will prevent us being trapped by our own imperatives. For it to be efficient, the personal goal must imperatively stem from our inner enthusiasm:

What is essential for me today, where do I wish to go? How much and what type of energy do I have and how can I keep it?

## 1. Assess your “inner status”

Give yourself a few moments without being interrupted. You can do this exercise sitting down or you can do it while you are walking about. See and feel all the parts of your body and get in touch with your mood of the moment. Don't change anything, accept your frame of mind without trying to feel anything else.

## 2. Define your needs

Starting from this feeling, let those things come out that you will need for encouraging your inner drive for you to become at peace with yourself.

## 3. Formulate your intention in a key phrase

Choose an intention – attitude or frame of mind – that answers the need you have identified. If necessary, consider closely the negative attitude that stands in the way of your well-being and define more clearly the appropriate attitude.

“I have to control everything” 🖐️ “I don't mind being surprised”

“I'm overwhelmed by emergencies” 🖐️  
“I pay attention to my own rhythm”

“I'm too serious” 🖐️ “today, I'm going to look on the bright side of life”

“I'm afraid of not succeeding” 🖐️ “I can accept the truth”

“I stop breathing when I'm stressed”  
🖐️ “I breathe deeply several times a day”

Remember this key phrase so that you can easily come back to it during your day. For example, use the back of the illustrated postcard available on the exhibition site!

## 4. Fix the intention in your body

Feel how the intention is “fixed tightly” in your body, as if it was thinking for you, reminding you. You can associate this feeling with a colour, a picture or any other sensation. Breathe deeply and feel the goodness for you associated with this message.

## 5. Reconnect with your intention in the course of the day

During your day when you feel that you are swamped, that you are stressed, tense, anxious or just tired, then try to reconnect mentally and physically to the chosen intention. You are entitled to this serenity and you will be better placed to be efficient and to confront the difficulties of daily professional life.



**WORK WELL  
FEEL WELL**  
*Bien dans son travail*

**noburnout**

Efficiency and caring at work  
©2015 www.noburnout.ch



Find out more / Plus d'infos :  
[cern.ch/hr/wwfw](http://cern.ch/hr/wwfw)