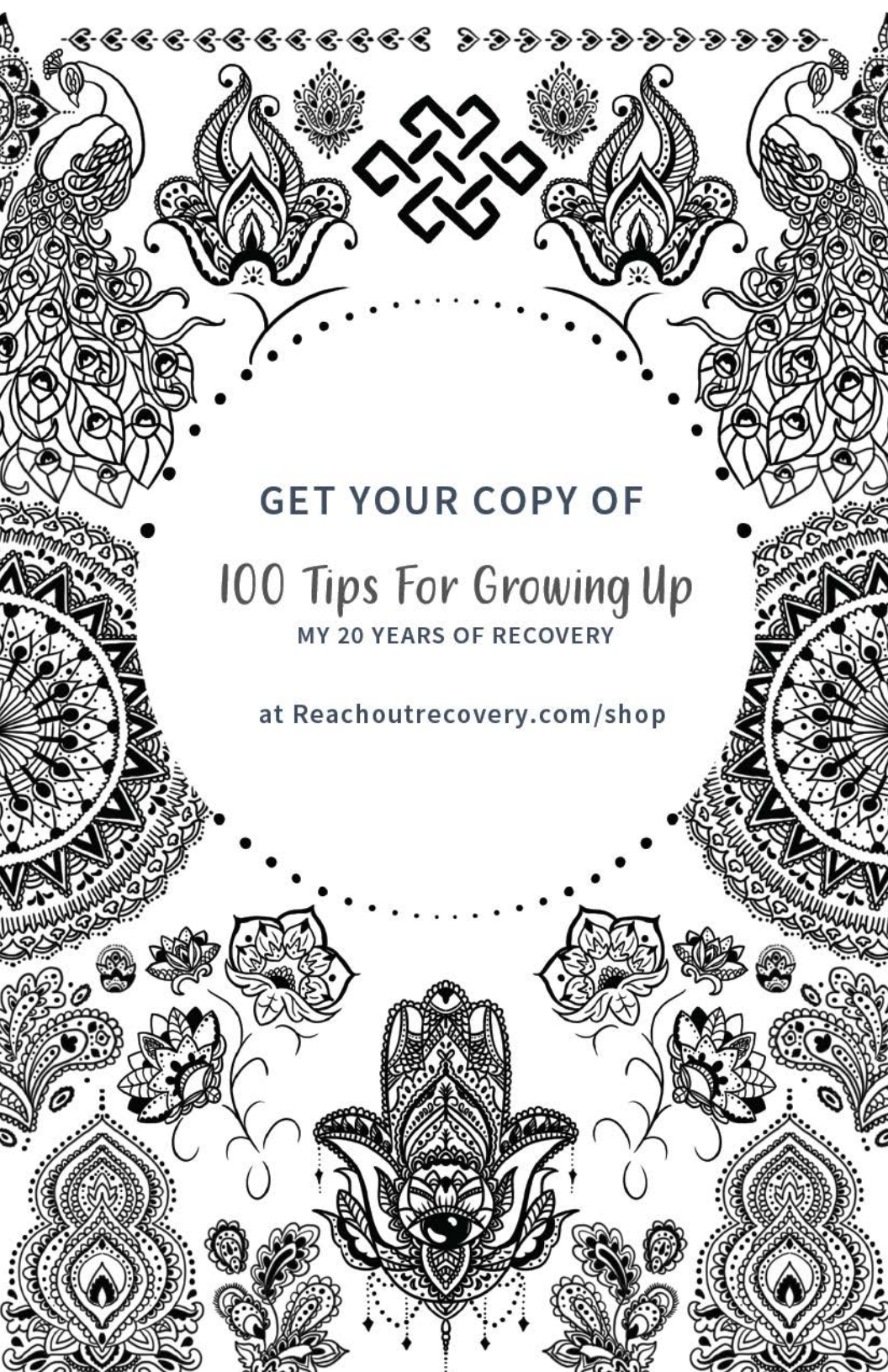


100 Tips For Growing Up

MY 20 YEARS OF RECOVERY

BY LINDSEY GLASS



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SELF-ACTUALIZATION

82. Set an Intention

Setting intentions gives your brain a map of where you want to go. This is a common saying in recovery and useful in so many other situations because we all need a guidance system. For me, setting an intention focuses my mind on where to take the day. Even better, it helps me stay positive and grateful even when I feel rotten and want to lash out. Try setting an intention every day for one week and see how your perspective shifts.

Note: If you don't know where to start, try something simple like making one person smile every day. Build from there to establish your goals. I'm always working on manifesting happiness and focus. But you might be working on basic self-love.

NOTE TO SELF:
