



***Let's Get Started!***

## **Intentions Shape Your Reality with Faith & Purpose**

An intention is a guiding principle for how you want to live and show up in the world. It centers you in your core values and beliefs.

Intentions can also be a meaningful way to tune out the daily distractions in our lives and keep us grounded and connected with what matters most.

**Flip this card over to get started.**

**Intention | Conversation | Action**

## ***How do I use this deck?***

YOU get to decide! Explore, experiment, and discover what works best for you.

- Pick a different card each morning to guide your day or choose one in the evening to reflect on as you fall asleep.
- Select several cards to inspire your week.
- Display cards around your home or office as motivation and encouragement.
- Choose any card as a meaningful conversation starter with family and friends.



# Abundance

Open yourself to the abundance of God's promises, blessings, and miracles.

Gratitude is the best channel to attract abundance.

Where in your life do you see abundance? Family? Friends? Health?

God's endless abundance can fill your emptiness, transform your world, and create peace and joy within.

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# Act

Act with courage. Act with love. Act with kindness. Act with faith.

Confidence does not come before we act. It comes when we act.

Our faith is a living, breathing thing God desires us to share through our actions.

Characterize yourself by your actions.

*I will show you my faith by my actions.*

JAMES 2:18B

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# Adventure

**Intention** | **Conversation** | **Action**

Step out in faith. Trust God.

Be open to whatever comes next.

God invites us to a life of adventure.  
Each day seek excitement, compassion,  
purpose, and joy as Jesus modeled in  
His life.

Seek adventure that opens your mind.

*Life is full of adventure. There's no such  
thing as a clear pathway.*

— Guy Laliberte

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# Authentic

Intention | Conversation | Action

Authenticity is knowing who you are  
and being brave enough to live it.

Find your authentic self by simply being  
with God.

More authenticity. Less pretending.

Rest in the knowledge of God's  
constant love for your authentic self.

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# Balance

We honor God by living a healthy and balanced life.

The first principle to finding balance in your life is to identify your values.

Balance is not better time management, but better boundary management.

Life is a balance of holding on and letting go.

*Balance is not something you find, it's something you create.*

—Jana Kingsford



# Breathe

**Intention** | **Conversation** | **Action**

Give yourself permission to take time to breathe, to live life, to be present, to just be.

Take a deep breath. It calms the mind.

In a world of doing, doing, doing, it's important to take a moment to just breathe.

*That breath you just took... that was a gift.*

—Rob Bell

**Breathe in: *The breath of God...***  
**Breathe out: *...cares and concerns.***

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# Calm

Breathe. Listen. Wait. Trust. Follow.

Let there be rest in a calm, silent,  
peaceful moment.

Create your own calm. Discard items  
that don't bring you joy.

**Breathe in: *God of strength...***

**Breathe out: *...calm my heart.***

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# Care

Show the love of Jesus to everyone  
you meet.

Caring causes a ripple effect!  
#causechange

God wants us to have a caring heart for  
others. No matter how big or small, act  
with care and kindness.

*Taking care of myself doesn't mean  
"me first." It means "me, too."*

—LR Knost

*Love your neighbor as yourself.*

MATTHEW 19:19

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# Compassion

Intention | Conversation | Action

Your compassion and care may be all that is needed to change someone's life.

*Love one another as I have loved you.*

JOHN 13:34

*Let your hearts and hands be stretched out in compassion toward others, for everyone is walking his or her own difficult path.*

—Dieter F. Uchtdorf

*A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.*

—Christopher Germer

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# Confidence

Are you confident when asked to share how God is at work in your life? Pray in public? Write a message of hope in a sympathy card?

Confidence doesn't mean you're always right, it means you're not afraid to be wrong.

Confidence placed in people or positions can be uncertain, instead place your confidence in Christ.

*With God, all things are possible.*

MATTHEW 19:26

**Breathe in: *Confidence....***

**Breathe out: *...doubt.***

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# Consistency

Intention | Conversation | Action

Spend one minute each day connecting with God (prayer, devotion, song, etc). When you focus on something long enough it becomes habit. Suddenly what was once an obligation becomes essential.

What you do every day matters more than what you do every once in a while.

While our lives are ever-changing, God is always consistent. God is, was, and always will be present. God is surprised by nothing.

*It's not what we do once in a while that shapes our lives. It's what we do consistently.*

—Tony Robbins

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# Contentment

Intention | Conversation | Action

Life does not have to be perfect to have joy and meaning.

Strive for true contentment and inner joy rather than instant gratification and momentary happiness.

How can you find contentment? Take a moment each day and find one thing for which to be grateful.

Don't chase happiness, which changes with the day or the need. Seek contentment, which finds God's constant and loving presence in all.

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# Conversation

Intention | Conversation | Action

Prayer is the most important conversation of your day. Take it to God before you take it to anyone else.

Engage someone in meaningful conversation, even someone whose opinion may differ from yours.

Two-way conversation is required to be in relationship with God. We need to speak AND we need to listen.

Conversations are the basis on which relationships are built.



# Courage

Be brave! Take Risks! Choose to live courageously!

Faith is having the courage to let God have control.

When life gets hard, how does your faith give you courage?

*Courage is what it takes to stand up and speak, it is also what it takes to sit down and listen.*

*—Sir Winston Churchill*

**Breathe in: God's courage...**

**Breathe out: ...my anxiety.**

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# Curious

God welcomes our curiosity and our questions. Ask away!

Replace fear of the unknown with curiosity.

The future belongs to the curious, the ones who are not afraid to question it, explore it, try it!

Curiosity leads us down new paths.

Don't be afraid to ask why.





# Declutter

Intention | Conversation | Action

An emotionally clutter-free space allows you to feel, think, dream, and question.

Clutter in your physical surroundings will clutter your mind and your spirit.

Start to declutter and simplify your life rather than accumulate more.

*Clutter is not just the stuff on your floor - it's anything that stands between you and the life you want to be living.*

—Peter Walsh

*God, I trust that you have given me all I need. I let go of everything that weighs me down and keeps me from you. AMEN.*

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# Difference

To make a difference in someone's life, you don't have to be rich, beautiful, or perfect. You just have to care.

God made you different so you can make a difference. How will you make a difference today?

Thank someone for making a difference in your life today.

Making a difference doesn't have to be complex. It can be as simple as a smile, a silent prayer, or a helping hand.

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# Discipline

Practice. Dedication. Repetition.  
Persistence.

Being a follower of Jesus requires discipline. The root word of discipline is disciple.

Intentionally and purposefully love and embrace every single day. Make every effort to live life to the fullest.

Discipline is not something you have.  
Discipline is something you do.

**Breathe in: *I practice...***

**Breathe out: *...what I value.***

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# Enough

Enough is a mindset, not a number.

You are God's creation! Beautiful, loved,  
and enough.

Identify the cultural messages that say  
we don't have enough or we aren't  
enough. Learn to trust that God will  
provide according to God's plan.

**Breathe in: *God is enough...***

**Breathe out: *...I am enough.***





# Focus

Silence not only quiets the mind and calms the body, it allows time and space to focus on and listen to God.

Focus on the present. Do not waste energy on what might be.

Focus on God, not your problems.  
Listen to God, not your insecurities.  
Rely on God, not your own strength.

**Breathe in: *Centered in God...***

**Breathe out: *...I find my focus.***



# Forgiveness

**Intention** | **Conversation** | **Action**

Don't wait for an apology (that you may never receive) to forgive someone.

Forgive yourself for not being where you thought you would be by now.

As we seek and receive forgiveness, we should also extend it to others.

Forgive someone so that you can let go and move on with your life.

Remind yourself that God has claimed you and that you are forgiven.



# Generosity

Intention | Conversation | Action

Generosity isn't an act, it's a way of life.  
It is the habit of giving freely without  
expecting anything in return.

You do not have to be rich to be  
generous.

Be generous with your words.

Be generous with your actions.

Graciously accept someone else's  
generosity.

*God, you have called us to be generous.  
Help me to use my time and money as a  
tool to serve you and love others. AMEN.*



# Gifts

Take time today to notice and celebrate God's gifts of nature.

Remind someone of their gifts when they can't find them for themselves.

What transformation occurs when you see everything as a gift from God?

*God, I give you thanks for my talents, passions, and interests. Make my gifts into gifts for others, so that everyone can know your abundance. AMEN.*





# Give

Intention | Conversation | Action

Give love. Give respect. Give joy. Give everyone a chance.

Give thanks and take nothing for granted.

*When we give cheerfully and accept gratefully, everyone is blessed.*

— Maya Angelou

*The way you give to others is the way God will give to you.*

LUKE 6:38B

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# Gratitude

Intention | Conversation | Action

Be grateful for both your strengths and your weaknesses.

Express gratitude toward someone today.

Recognize how God is at work in your life. Choose to respond with gratitude, no matter the circumstance in which you find your life.

If the only prayer you say is thank you, that is enough.

*Dear God, today I woke up. I am healthy. I am alive. I am fine. Thank you!*

AMEN.



# Grow

Intention | Conversation | Action

We are always learning and growing,  
always discovering and reframing what  
we believe, and exploring ways we can  
live out those beliefs.

Grow in your awareness as to how God  
is working in your life.

Grow through experiences—good ones  
and challenging ones.

*Take chances, make mistakes. That's  
how you grow. Pain nourishes your  
courage. You have to fail in order to  
practice being brave.*

—Mary Tyler Moore



# Heal

Intention | Conversation | Action

What needs healing in your heart, in your life, or our world? How can God help you make that happen?

Find wholeness of body, mind, and spirit.

Find healing in God's presence. Rest in the assurance that God is always near.

Don't put your own healing on hold. Choose to forgive someone today.

**Breathe in: *Enter my heart...***

**Breathe out: *...heal my life.***





# Hope

Hope is always stronger than fear.

Hope keeps us positive, fuels our joy,  
and helps us reach for our dreams.

*Hope is faith holding out its hand in the  
dark.*

—George Iles

*Dear God, if today I lose my hope,  
remind me that your plans are better  
than my expectations. AMEN.*

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# Joy

Find joy in every day, not because life is always good, but because God is always good.

God brings joy through unexpected blessings.

Experience joy today! Do not wait for your life to be perfect—it never will be.

People who live with joy don't have easier lives, they practice gratitude.

**Breathe in: *The joy of the Spirit...***  
**Breathe out: *...my expectations and disappointments.***

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# Kindness

One kind word can change someone's entire day.

Kindness is a gift everyone can afford to give.

May we not allow busyness or lack of understanding stop us from giving an important gift to others – KINDNESS.

No act of kindness is ever wasted.

*Don't ever stop being kind and truthful.  
Let kindness and truth show in all you do.*

PROVERBS 3:3A

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# Laughter

Laughter is an amazing gift from God.  
It helps you cope with sadness and  
everyday life.

Smile! Laugh! Enjoy!

God has given you this day to enjoy.  
Release your expectations, and let it  
be fun!

**Breathe in: *Laughter...***  
**Breath out: *...tension.***

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# Light

Let God's light shine through you.

*This little light of mine, I'm gonna let it shine.*

—Traditional Folk Song

*If we are clear about the values that guide us in our efforts to show up and be seen, we will always be able to find the light.*

—Brené Brown

*Jesus says, "I am the light of the world, whoever follows me will have the light of life."*

JOHN 8:12

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# Listen

**Intention** | **Conversation** | **Action**

Stop. Be still. Listen. Breathe in.  
Breathe out. Listen. Trust. Grow. Listen.

Speak in such a way that others love to  
listen to you. Listen in such a way that  
others love to speak to you.

In your quiet moments with God, listen  
to the whispers of the Spirit.

*God, I know you are speaking to me.  
Help me to listen with an open heart, so  
that I hear your voice in everything I do  
every day. AMEN.*

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# Love

Intention | Conversation | Action

God's love is there for you whether or not you feel you deserve love. It is simply always there.

Remind someone today that God loves them.

Know God's love protects, heals, and guides you every day.

God loves you and wants the best for you.

Do small things with great love.



# Mindfulness

Intention | Conversation | Action

Mindfulness is simply being aware of what's happening right now.

When you are lost in worry, it is easy to mistake your worries for reality, mindfulness allow you to recognize that they are just thoughts.

God created his glorious creation to be noticed! Pay attention to the sunshine, the rain, the wind, the storm.

Today, when you feel yourself trying to push past or block out, stop! Just stop! What do you see? What are you feeling? What is God trying to tell you? Be mindful and let it help you grow.





# Patience

When you're tempted to lose patience with someone, think how patient God has been with you.

Patience is when you are supposed to get mad, but you choose to understand.

Practice patience today with family, co-workers, neighbors in all circumstances.

**Breathe in: *Patience...***

**Breathe out: *...haste and hurry.***

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# Peace

Care. Comfort. Protect. Provide. Rest.  
Renew.

May God's presence calm your heart  
and fill you with peace.

Peace does not mean perfection. It  
means stability and rest. Make peace  
with others and with yourself.

In what ways has God shown you  
peace in times of distress?

*Lord, take me from worry to peace, from  
anger to acceptance, and from anxiety  
to gratitude. However I am feeling,  
may it be a reflection of my faith in you.*  
AMEN.

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# Positive Attitude

Choose an attitude that reflects God's light in the world. Choose an attitude centered in hope, trust, and love.

Stop being afraid of what could go wrong and start being excited about what could go right.

The only difference between a good day and a bad day is your attitude.

Notice your attitude today. Is it negative? Worried? Resentful? Don't let that energy make your day harder. Focus on God's love, care, and protection.



# Pray

*Pray, and let God worry.*

—Martin Luther

God hears your heart, even when you  
can't find the words.

Pray not because you need something,  
but because you are thankful for  
something.

*Whisper a prayer in the morning,  
whisper a prayer at noon; whisper a  
prayer in the evening, to keep your heart  
in tune.*

—Camp Song Lyrics

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# Presence

Engage your five senses to realize that  
God's presence is always with you.

Be fully present in your relationships.  
Reduce multi-tasking.

*Always be on the lookout for the  
presence of wonder.*

—E. B. White

*Presence is more than just being there.*

—Malcolm Forbes

*My presence will go with you, and I will  
give you rest.*

EXODUS 33:14

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# Prioritize

Keep God first. Watch everything else fall into place.

No one is too busy, it's just a matter of priorities.

Your priorities reflect your character.

We all make time for what we feel is important in our lives.

To change your life, you need to change your priorities.

*Action expresses priorities.*

—Mahatma Gandhi



# Quiet

Quiet your mind. Quiet your electronics.  
Quiet your distractions. Quiet the noise.

Give yourself the gift of silence. A time  
to connect with God.

Seek quiet time with God. Read, pray,  
listen.

**Pray Psalm 46:10** in diminishing  
sentences, pausing to breathe between  
each phrase.

**Be still and know that I am God**

**Be still and know that I am**

**Be still and know**

**Be still**

**Be**

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# Relationship

Intention | Conversation | Action

God created us to be in relationship with each other. These relationships give us support in hard times and people to celebrate with in good times.

Find someone who knows you're not perfect, but treats you as if you are.

A great relationship is about two things: appreciating the similarities and respecting the differences.

*Good friends help you to find important things when you have lost them... your smile, your hope, and your courage.*

—Doe Zantamater

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# Resiliency

Intention | Conversation | Action

Life will never be perfect or easy. Life will knock you down. Resiliency gives you the strength to get back up and try again.

Rather than wishing today would be without problems, find the strength to be resilient.

When something goes wrong in your life, just yell, “plot twist” and move on!

*You may encounter many defeats but you must not be defeated.*

— Maya Angelou

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# Respect

Respect is earned, not given. Treat people the way you want to be treated. Talk to people the way you want to be talked to.

Respect differences. God loves each of us equally. God's colorful creation magnifies how exquisite our differences are.

Patience with others is respect.

Respect yourself to walk away from anything that no longer serves you, grows you, or makes you happy.



# Share

**Intention** | **Conversation** | **Action**

Share your positive attitude. It can be contagious.

Share with others how God is active in your life.

Share your time and presence with a loved one.

Share a smile with someone!

How are you sharing all that God has entrusted to you for the sake of your neighbors and the world?



# Simplify

Cross one task or event off of your calendar today and use the time for something that brings you joy.

Clear space in your mind. God whispers into our clutter-free space.

Simplify your life by clearing out toxic friends or habits.

*Lord, help me to be grateful for what I have, to remember that I don't need most of what I want, and that joy is found in simplicity and gratitude.*

—From the book ENOUGH







# Strength

When our strength runs out, God's strength begins.

You gain strength, courage, and confidence with every experience.

Provide strength for someone else.

Nurture a strong faith, strong mind, strong body, strong emotions.

*I can do everything through Christ who strengthens me.*

PHILIPPIANS 4:13

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# Tolerance

Judging a person doesn't define who they are, it defines who you are.

Choose tolerance as an act of faith.

If we could look into each other's hearts and understand the challenges each of us faces, we would treat each other more gently, with more love, patience, tolerance, and care.

God teaches us to be full of love, integrity, and respect.



# Trust

Pray big, worry small, TRUST GOD!

Faith is trusting God even when you don't understand God's plan.

Sometimes God's blessings are not in what is given, but in what is taken away. Trust that God knows best.

*Trust is earned when actions meet words.*

—Chris Butler

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# Wisdom

Seek God's wisdom for direction and guidance.

Discover God's wisdom. Read the book of Proverbs.

Knowledge speaks. Wisdom listens.

*Wonder is the beginning of wisdom.*

—Socrates

*If any of you lack wisdom, you should pray to God, who will give it to you because God gives generously and graciously to all.*

JAMES 1:5

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# Wonder

Wonder reminds us God is big, and we are small. And we don't need to carry the weight of the world on our shoulders because God already carries the world in God's hands. Look up, look around, see God's wonder.

Being in judgment keeps us from understanding another person's circumstance or perspective. Wonder allows us to respond to that person or circumstance with kindness and consideration.