

DAY 1:  
GOOD  
INTENTIONS  
AREN'T  
ENOUGH TO  
MAKE A  
DIFFERENCE



**Watch:** Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

**Think:** Take a look at your actions over the last week, month, and year. Has your life been characterized by good intentions, or intentional living? Do you merely desire and intend to pursue your goals, or do you actually follow through and take action? Do you feel sorry for others, or does your compassion drive you to do something about it? We often believe that if we have the heart to make a difference, that's enough. It's not. We need to add to that desire intentional living.

**Do:** Take the online assessment designed to help you understand where you are in the intentional living journey. Then make a commitment to being intentional for 30 days by watching the videos and doing the tasks assigned for each day. Write out that commitment, along with a description of what you hope to get out of the 30-Day Journey. Don't put it off. Do it now!  
**Online Assessment**

**Tell:** Tell others that you are doing the 30-Day Journey so that they will hold you accountable. If you use social media, post it on Facebook, Twitter, or Instagram using the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

**Good intentions will never take you  
anywhere you want to go. Only intentional  
living will get you the things you want in life.**

