



The **NAN** Project

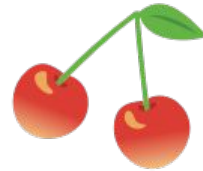
Saving Lives and Healing Families

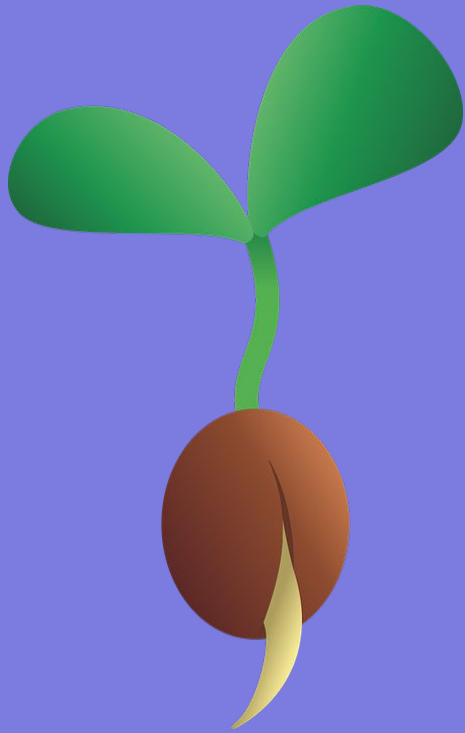
NANNER VIRTUAL HANGOUT

“Intention Tree”

CHECK IN

- How are you feeling on a scale of 1-10?
- What is your favorite fruit?





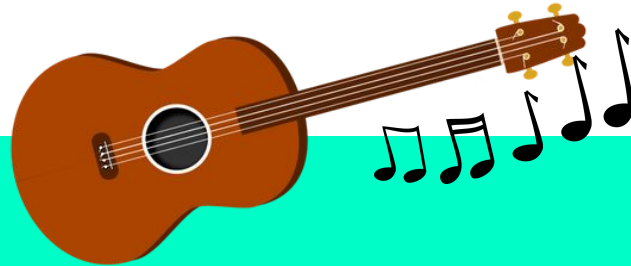
“WHAT YOU PAY
ATTENTION TO GROWS”

-ADRIENNE MARIE BROWN

INTENTION:

AN AIM, A PLAN, OR A GOAL

Example: learning to play the ukulele





DRAW A BASIC SKETCH OF A TREE

A **sketch** is just a basic outline that helps you to map how much space your drawing will take. It is usually done with light marks on the paper.



TRUNK

Write down your
intention in the
trunk of the tree.

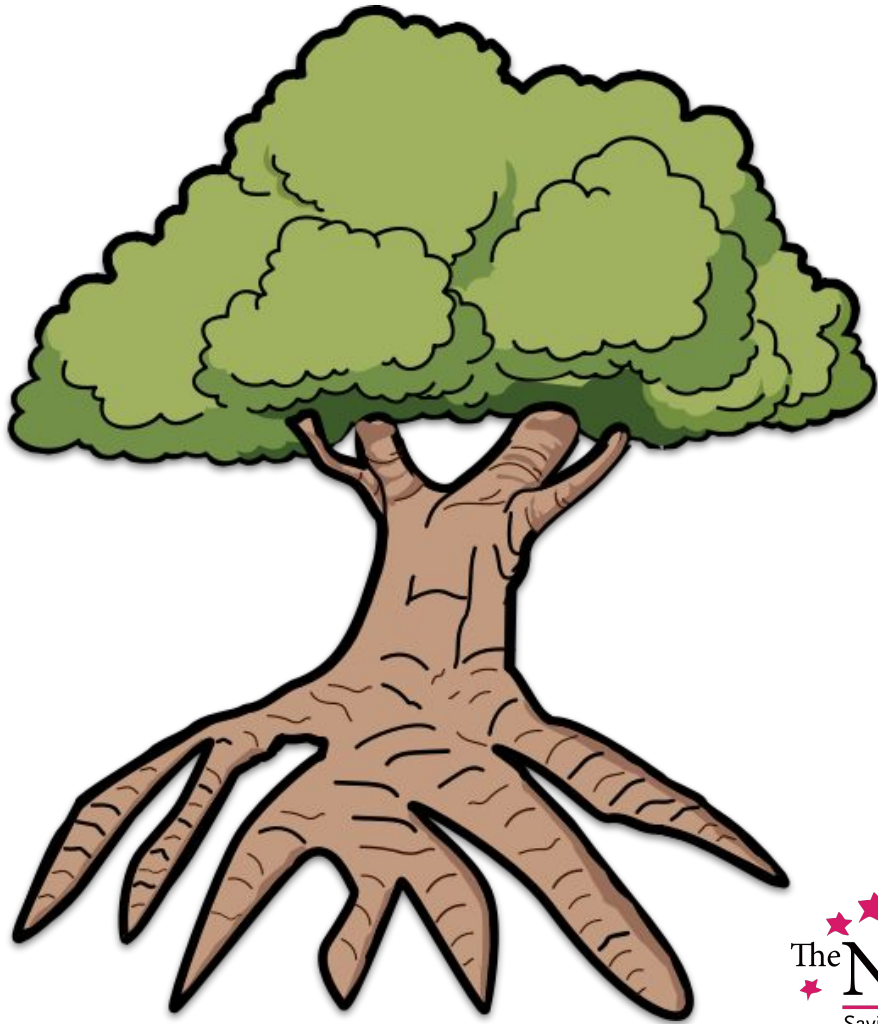
Example: Learning
to play the ukulele



ROOTS

Add roots to your tree, writing the supports that you currently have or that you will need to work towards your intention.

Example: my friend who already knows how to play ukulele



LIMBS AND CROWN

Draw limbs and write down ACTIONS that you need to take to grow your intention, to bring it into fruition.

Example: scheduling 30 minutes after dinner to practice ukulele;
finding a song I want to play with my friend

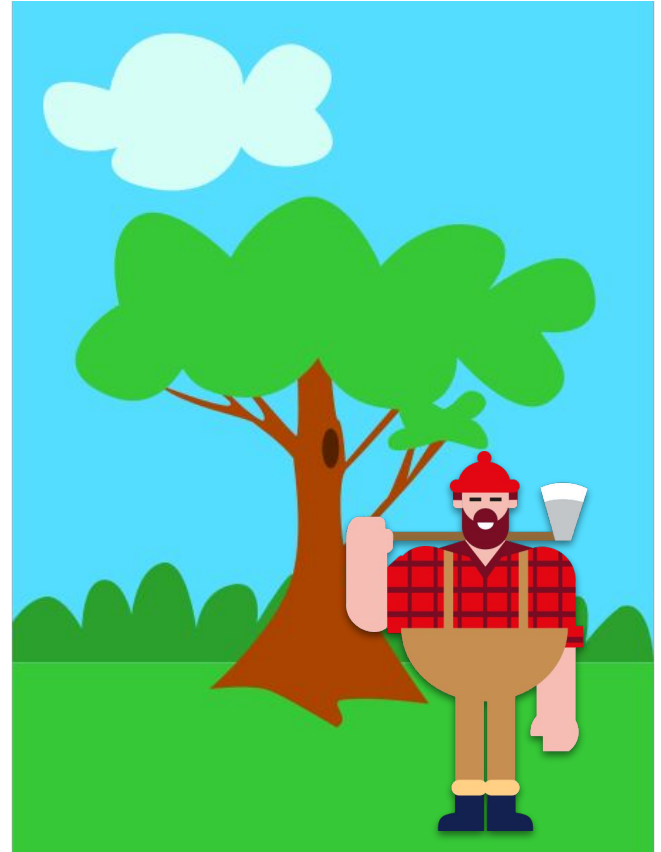


OBSTACLES

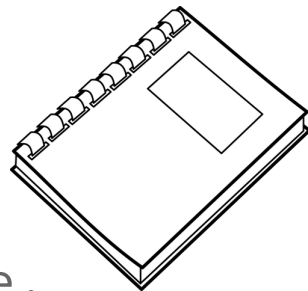
Obstacles are all the possible difficulties you will encounter, that could take you away from rooting your intention.

Knowing and facing your obstacles is as important as knowing your intention.

Example: I haven't played any instruments before!



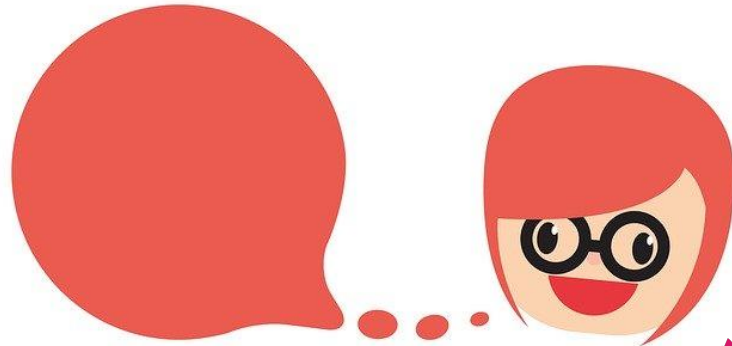
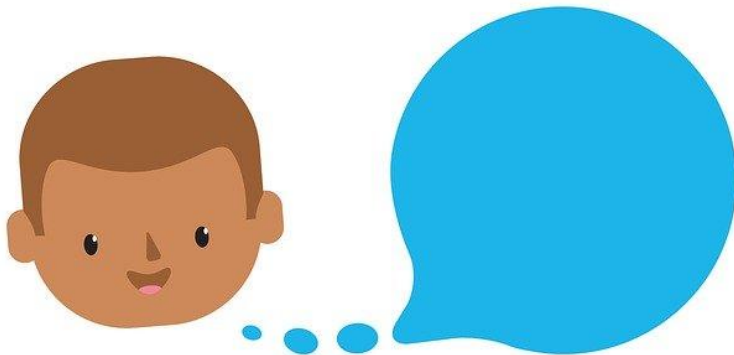
TIPS TO SET UP AN INTENTION OR GOAL



- Make it attainable and measurable.
- Find a way to keep accountability for your intention.
- Create strategies to overcome your obstacles.
- Be as compassionate with yourself as you can.
- Set up a visual reminder of your intention: write down a schedule, create a vision board, write it in a sentence.

CHECK OUT

- How are you feeling on a scale of 1-10?
- What is one thing from your tree that you would share with the group?





THANK YOU FOR JOINING US TODAY.

FOR MORE RESOURCES CHECK OUT
[THENANPROJECT.ORG/COVID-19-RESOURCES](https://thenanproject.org/covid-19-resources)