

AIM for Success with Assumptions, Intentions, and Motivations

A = Assumptions

Assumptions are beliefs that we accept as true, often without fully examining them. Sometimes assumptions help us navigate life efficiently. Other times they create barriers to change.

Reflection Questions

What assumptions might be maintaining the problem?

What assumptions might I be making about myself?

What assumptions might I be making about other people?

What assumptions might I be making about the situation?

What evidence supports these assumptions?

If these assumptions were not true, what other possibilities might exist?

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Nature Reflection

Observe a plant, tree, or natural ecosystem. What assumptions might someone make if they only saw one stage of its growth (for example, decay)? How does nature remind us that change is possible?

I = Intentions

Intentions help clarify where we want our actions to lead us. Goals describe outcomes. Intentions describe the direction and purpose behind our efforts.

What is my intention in this situation?

How are my thoughts, beliefs, and actions supporting that intention?

What behaviors support my intention?

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What behaviors may be undermining my intention?

If I acted consistently with my intention this week, what might I do differently?

Nature Reflection

Choose a destination while walking in nature. Notice how your path reflects your intention. Are your actions taking you where you want to go? How can this be used as a helpful metaphor or teaching tool for the journey or goal (your intention) you wish to achieve?

M = Motivations

Motivation is the energy that drives behavior. Sometimes our goals align with what truly matters to us. Sometimes they reflect expectations, obligations, or incentives that may not be personally meaningful.

Reflection Questions

What motivates me to accomplish this goal?

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How are the motivations listed above based on incentives that are meaningful to me?

If the incentives listed above are meaningful to me, what is making it difficult to achieve the goal?

If the incentives listed above are not motivating me, are there other incentives that may make the goal more motivating for me? If so, list them here:

How might achieving this goal improve my life, relationships, health, or well-being?

Nature Reflection

Consider how plants grow toward sunlight and roots seek water. Nature seeks its own goals and incentives. What naturally draws you toward growth and fulfillment? What conditions help you thrive? How can nature function as a metaphor and a teacher to motivate your intentions?

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AIM Summary

After completing this worksheet, summarize what you discovered.

Assumptions I Need to Reevaluate

Intentions I Want to Strengthen

Motivations That Matter Most to Me

Action Step

Based on what I learned today, one small action I will take within the next 24 hours is:

Closing Mindfulness Reflection

Take a few moments to notice your surroundings. Observe the natural processes of growth, change, adaptation, and resilience around you. Just as nature grows through gradual and consistent change, meaningful transformation often occurs one small step at a time.