

## Setting an Intention

Take a moment to reflect on your deepest longing for the youth in your care. If there is one thing you could give them in your relationship, what would that be? Good health, peace of mind, love, care, trust, safety? What is your most important wish for the youth you are caring for? Once you have a clear sense of what that is, write it down in the space below.

What is your intention for the youth you are caring for?

What kinds of stressors or situations might arise that could distract you from this intention?

When things get stressful and confusing, what will remind you of this intention?