



**MYINTENT**  
**EDUCATION**  
*program*

**ORGANIZED BY:**  
The MyIntent Project

# WHO WE ARE



## *our mission*

**MYINTENT PROJECT IS A CATALYST FOR MEANINGFUL CONVERSATIONS AND POSITIVE ACTION.**

"We believe there is purpose inside each of us and we want our efforts to encourage people to share more truth and inspiration with each other. We are not a jewelry company - we are a service project."

*Est. 2013 - Founder Chris Pan*

## **WHAT DO WE THINK THE WORLD NEEDS MORE OF?**



**MEANINGFUL  
CONVERSATIONS, ON STUFF  
THAT MATTERS TO US.**



**COMMUNITY, WHERE WE  
SUPPORT EACH OTHER IN  
OUR JOURNEYS.**



**PEOPLE LIVING WITH  
PURPOSE & PASSION**

# THE EDUCATION PROGRAM

## WHAT MAKES MYINTENT'S ACTIVITY GREAT FOR SCHOOLS?

*MyIntent's "What's Your WORD?" activity and Maker Kit is a versatile platform to meet your goals:*

- Can be used for Social-Emotional Learning, Team Building, and Fundraising
- Strengthens communication between teachers and their students
- Builds support amongst peers as they honor the dreams and goals of other students in their classes
- Teachers get to gift a physical reminder to their students
- Affordable, fun, and easy to do!



*join the program*

We offer a **50% Education Discount** on Maker Kits and Select Maker items! Visit our **Education Page** page for more details.

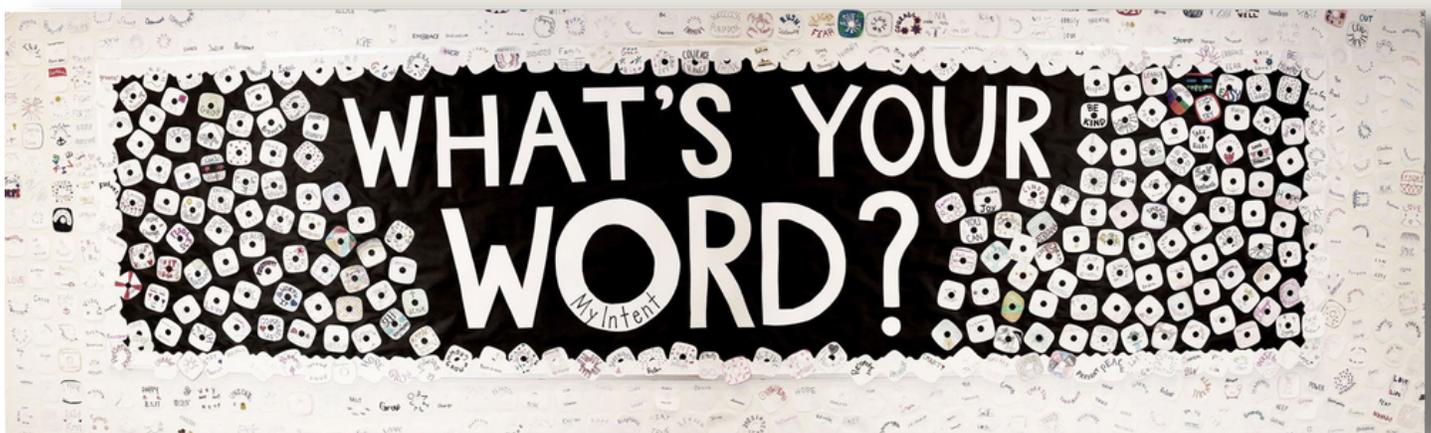
# USING MYINTENT AT YOUR SCHOOL

## FOR TEACHERS

1. Ask your students for their WORD.
2. Have them write a short essay or poem on why they picked their WORD and share with each other.
3. Create a tangible daily reminder of their WORD with the MyIntent Maker Kit.

## FOR PRINCIPALS

1. Ask your staff for their WORD.
2. Have your staff share their WORD and why with each other.
3. Create a tangible daily reminder of their WORD with the MyIntent Maker Kit.



# EDUCATION PRICING



## ■ TOOLS-ONLY BUNDLE

Create your own "Maker Kit" starting with this Tools Bundle. This kit comes with all of the tools you'll need to start stamping. Then, shop the Education Store for your favorite bracelet refills.

*\$42.50 with Education Discount*



## ■ PRE-TIED BRACELETS

Engrave MyIntent Bracelets to activate their intentions. The string is made of waxed nylon and the token is made of Brass.

*As low as \$2.00 each with Education Discount*



## ■ DIY BRACELETS

Hand-stamp MyIntent Tokens to activate their intentions and then tie their bracelets! Spools contain either 100 meters or 160 meters of 1mm string. Polyester String is used for adjustable bracelets like the Classic style.

*Materials cost as little as \$0.56 per bracelet with Education Discount*

Ready to order? [myintent.org/education](https://myintent.org/education)

# OUR TOKENS

**FAQ: How long can my WORD be?**

We typically say that you can include up to 14 characters on one token. However, if you're doing the stamping with your Maker Kit yourself, you can play around with the spacing to find your preference!

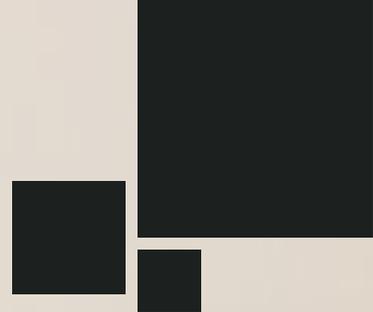
**FAQ: Why have the brand on the back?**

The back of the tokens are stamped with the MyIntent logo to authenticate our products for quality and mission as a service project to catalyze meaningful conversation and positive action.



# EDUCATION

*use cases*



# USE CASES

## MONTOUR HIGH – PA



"The passion project is blowing up at our school! The students LOVE this and are literally lining up at our door to stamp their words.

Our English Department has taken this project and created innovative lessons based on students' words of intent... it's awesome to watch it all unfold. I have witnessed at-risk students in my English classes (who have not been interested in one project/unit we have done the entire year) show genuine excitement and engagement."

## OLD MILL ROAD ELEMENTARY – NY



Christina M., an ESL teacher in NY, incorporated the concept of choosing a WORD to help her ESL students manage their emotions – emotions stemming from being in a new country, not knowing the language, and being in an unfamiliar environment. Her students wrote poems about the word they chose.

She used the process of choosing a word to help the students balance their spirits and release any pent up emotions. The students took to it right away and it was so successful that their Principal decided to expand the exercise to all 80 of the 5th graders at the school and the staff.

"The board reflects the narratives from each staff member – why they chose their word and the meaning behind their decision. Children learn more when they are connected to their teachers! The students love reading about the words that their teachers have chosen."

# USE CASES

## MT. LEBANON HIGH – PA



"The impact was far, wide and deep. We knew if we wanted to offer this to the school, we had to provide some context to the student body and the staff. To that end, our students created, starred in, and edited several PSAs for our morning video announcements.

At first they explained what an intention was. In another one, they shared their words. Finally, they shared how individuals could choose and submit their words – how the process would work. I saw several students step up and lead the project – whether it was working on the videos, stamping out the bracelets, or organizing the distribution of bracelets."

Scan the QR Code or [\*\*Click Here\*\*](#) to watch the students share their WORDs.

## CANAJOHARIE HIGH – NY

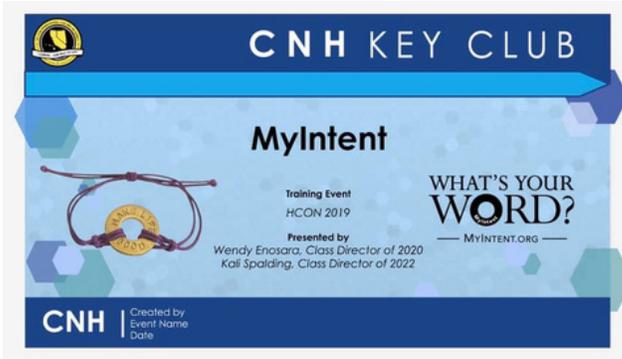


"Every year we have a theme and this year's theme was built around the MyIntent's 'What's Your WORD?' and 'What you think about, you bring about.' The entire high school at Canajoharie including every 9th – 12th grader, custodian, faculty and staff, got their own WORD bracelet.

This by far has been the best year yet. Students have shared their story and have embraced their WORD.  
– Carroll Ann H., Special Education Teacher

# USE CASES

## KING KEKAULIKE'S KEY CLUB – HI



"These young adults helped almost 30 others find their WORD! WORDs chosen included: FAMILY because we came together from across Hawaii and played and worked together like a family; PASSIONATE because we all do service with a passion; VOICE because as students, it's a responsibility to share the importance of giving back to the community; EXPERIENCE because we all come with different experiences and backgrounds..." -Cindy A-K.

## WHEATON HIGH SHOW CHOIR – IL



"We are a competitive show choir and I wanted to get our team in the right mindset in preparation for the most difficult contest in the nation...so I challenged the kids to find a word – something to keep them grounded on the stressful day or a word they think defines this year for them.

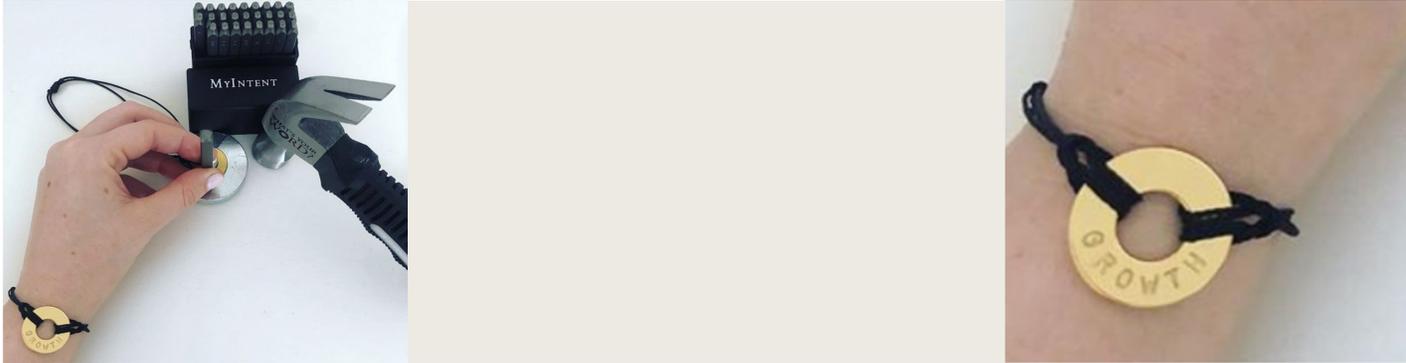
When we were done, we circled up and a few of the kids volunteered to share their word and why. It was beautiful and eye opening. We closed with an affirmation circle. This activity combined with the 'What's Your WORD?' took it to a new level. It was very powerful to watch the kids be so real and honest.

Show Choir is a funny thing: very particular costuming is involved at this competitive level, and the thought of the kids wearing bracelets on stage and losing points for that would have most directors spinning...Not me. It's not about the points. It is about the kids. They will all be wearing their bracelets on stage Saturday as a gentle reminder for whatever it is that they need. And these days, kids need that." – Kassy K., Director of Vocal Music

Scan the QR Code or [Click Here](#) to watch a video of the students making their bracelets.

# USE CASES

## @LEARNWITHLITTLES - LA



"My partnership with MyIntent has given me more than I could have ever imagined! Not only do I wear my GROWTH bracelet daily as a physical reminder to live with my intention, my students (FIVE YEAR OLDS) are now able to answer the question 'What's your WORD?' and will have their own bracelets to match.

Their words - READ, GROW, KIND, and FRIEND - to name a few, come with a profound explanation from a tiny little mouth about why they want to live by their intent.

It has been simply magical to watch them throughout this process and I feel so lucky to be a part of it!"

## LAUSD - LA



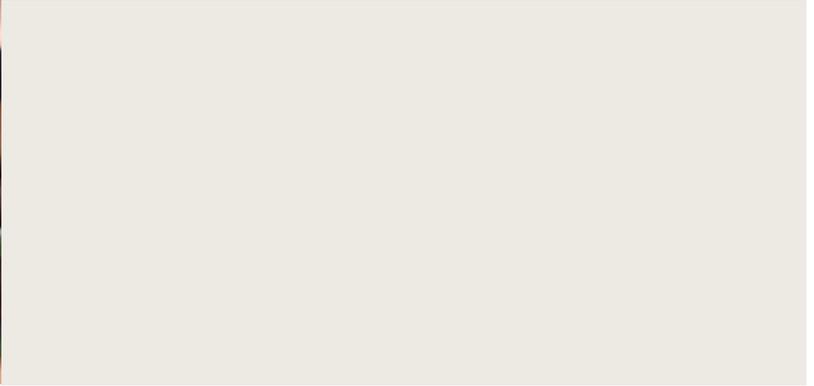
1000+ principals and administrators received a custom bracelet with their WORD at the LAUSD Superintendent's school year kick-off meeting to set the tone for the upcoming school year.

The Top 5 chosen WORDs were: INSPIRE, BELIEVE, COMMUNITY, LEADER, and BALANCE

LAUSD is the 2nd largest school district in the nation with over 900 schools and 600K+ students.

# USE CASES

## BELLEVUE UNIVERSITY SOFTBALL TEAM – NE



"For the last four years, the Bellevue University softball team has chosen a word to set the tone for our season. The word becomes a standard; it reminds us to work hard to reach our athletic goals, as well as life goals, and creates a unique theme for that year's group of players. For the 2017-2018 season, our team chose the word INSPIRE, a word that is both meaningful to us on and off the field. We loved the idea of being able to wear the word on our wrist as a constant reminder of what we stand for through the ups and downs within a season.

Our MyIntent bracelets help to reiterate our team WORD this year. When the road gets rocky, we can easily take a glimpse at our bracelet, take a deep breath, and be reminded why we do what we do; to INSPIRE."

– Bellevue University Softball Coach

## ROBIOUS ELEMENTARY – VA



"I made 60 bracelets for my staff as a team building activity. I picked blue cord for our school color. When I made each one, I could definitely see why each teacher chose their WORD.

I know there is a lot of personalized jewelry that you can buy, but I think this is different because of the meaning of each bracelet. My staff loved them and were in awe when I gifted them."

– Casta C., Principal of Robious Elementary



**HELPING THEM**  
*find their word*

# SETTING A WORD OF INTENTION

*word of intention*

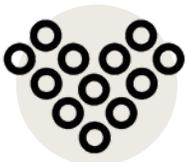
*a daily reminder representing a quality or principle that guides you toward how you want to live or how you hope to feel as your best self*



## STEP ONE: START WITH A QUESTION

Choose one or two of the following questions and jot down the first words that come to mind:

- What's a goal of yours?
- What brings you joy?
- Is there something that you want to let go of?
- What energizes you or makes you feel like your true-self?



## STEP TWO: DEVELOP

What's holding you back from achieving the answers in Step 1? What WORD, as a daily reminder, would help you achieve what you seek from Step 1?

For example, if you want to pursue a passion but have doubts you'd like to overcome, you could choose a word such as BELIEVE, COURAGE, or IGNITE. If you're feeling overwhelmed, you may choose a reminder like BREATHE, STRENGTH, or FAITH.



## STEP THREE: IDENTIFY YOUR WORD

You might have come up with a few words, and that's ok! Try to identify one WORD that is the most important to you - the priority - that you can begin working on today?

# *Benefits of* YOUR INTENTION BRACELET

Visual cue to work  
on your goals

Personal message  
just for you

Confidence booster



Reminder of  
your dreams

Holds you  
accountable

Positive  
reinforcement



**BEYONCE CHOSE  
"SURRENDER"**

"I'm learning how to drown out the constant noise that is such an inseparable part of my life. I don't have to prove anything to anyone, I only have to follow my heart and concentrate on what I want to say to the world."

**CONAN O'BRIEN CHOSE  
"DEATH BED"**

"Not to be morbid but is this going to matter when I am on my death bed? I get caught up in little things that don't really matter and this is a reminder to focus on the things that really do matter."



**CHRISSY METZ CHOSE  
"TRUST"**

"I am choosing TRUST now to remind me to trust myself I also have one from before that says SURRENDER"

**JUSTIN BIEBER CHOSE  
"PURPOSE"**

"I just felt like I lost my place for a while. I lost my purpose, and I wanted to just be a light and let people know that whether you don't feel like you have a purpose, whether you're just trying to figure it out, there's a light at the end of the tunnel."



# OTHER IMPORTANT LINKS



## how to tie bracelets

Creating your own bracelets? Visit this page for help on **How To Tie Bracelets and Knots.**



## the today show

Check this video out to see **MyIntent featured on The Today Show!**



## facebook group

Join our **MyIntent Maker Facebook Group!** Share your stories, connect with other educators, ask questions, and offer tips.



## word finder quiz

For extra help finding their WORD, encourage students to take the **WORD-Finder Quiz.**

***Bonus:*** You can also find a printable quiz on the next 2 pages!

# WHAT'S YOUR WORD?

Choose an answer for each question and highlight the letter:

1. I am seeking more

---

- A Empowerment
- B Inspiration
- C Love
- D Gratitude
- E Joy

2. I am held back by

---

- A Fear
- B Lack of motivation
- C Distrust
- D Worry
- E Negativity

3. I am energized by

---

- A Achieving goals
- B Creating
- C Connecting
- D Self-growth
- E Positive vibes

4. I want to remember

---

- A How far I've come
- B My uniqueness
- C My relationships
- D How grateful I am
- E The bright side

5. These words resonate

---

- A Strength & Resilience
- B Imagine & Freedom
- C Love & Kindness
- D Let Go & Peace
- E Smile & Laugh

6. For the next 3 months,  
I want to focus on

---

- A Defeating obstacles
- B Creating
- C Building relationships
- D Letting go of the past
- E My happiness

7. My affirmation is

---

- A I am courageous.
- B I am limitless.
- C I am loved.
- D I am grateful.
- E I am optimistic.

8. Something I value is

---

- A My ability to move forward
- B My impact on the world
- C My family and friends
- D My continual growth
- E My health and happiness

9. I want to live...

---

- A courageously
- B freely
- C compassionately
- D peacefully
- E joyfully

# CHOOSE YOUR WORD

First, add up how many times you selected each letter:

# of A's

—

# of B's

—

# of C's

—

# of D's

—

# of E's

—

*Based on the letter you chose most often, find your theme and pick your WORD:*

## Mostly A's: Warrior Theme

ADVENTURE  
BRAVE  
CONFIDENCE  
COURAGEOUS  
DETERMINED  
DISCIPLINE  
FEARLESS  
FORWARD  
PERSEVERE  
PERSIST  
RESILIENT  
STRENGTH  
UNBREAKABLE  
WARRIOR

## Mostly B's: Dreamer Theme

CREATE  
DREAM  
EXPLORE  
FREEDOM  
IMAGINE  
IMPACT  
INSPIRE  
LEAD  
LIMITLESS  
MAGIC  
MANIFEST  
PASSION  
PURPOSE  
UNTAMABLE

## Mostly C's: Lover Theme

BEAUTIFUL  
COMPASSION  
CONNECT  
DEVOTED  
EMPATHY  
FAITHFUL  
FAMILY  
I AM LOVED  
HONESTY  
KINDNESS  
LOVE  
SELFLESS  
TRUST  
YOU ARE ENOUGH

## Mostly D's: Seeker Theme

BALANCE  
BE PRESENT  
BELIEVE  
BLESSED  
BREATHE  
FAITH  
GRATEFUL  
HAKUNA MATATA  
LET GO  
PEACE  
RELEASE  
SERENITY  
TRUTH  
WORTHY

## Mostly E's: Optimist Theme

BE THE LIGHT  
BLISS  
GOLDEN  
HAPPINESS  
HOPE  
JOY  
LAUGHTER  
POSITIVITY  
SERENDIPITY  
SHINE  
SMILE  
SPARKLE  
SUNSHINE  
WONDER

## Need More Inspiration?

Visit our WORD-Finder Page for other ways to find the WORD that means the most:



# WITH GRATITUDE



*myintent*

**For all inquiries:**

Please contact **[serve@myintent.org](mailto:serve@myintent.org)**

We look forward to partnering with you to bring MyIntent to your school!