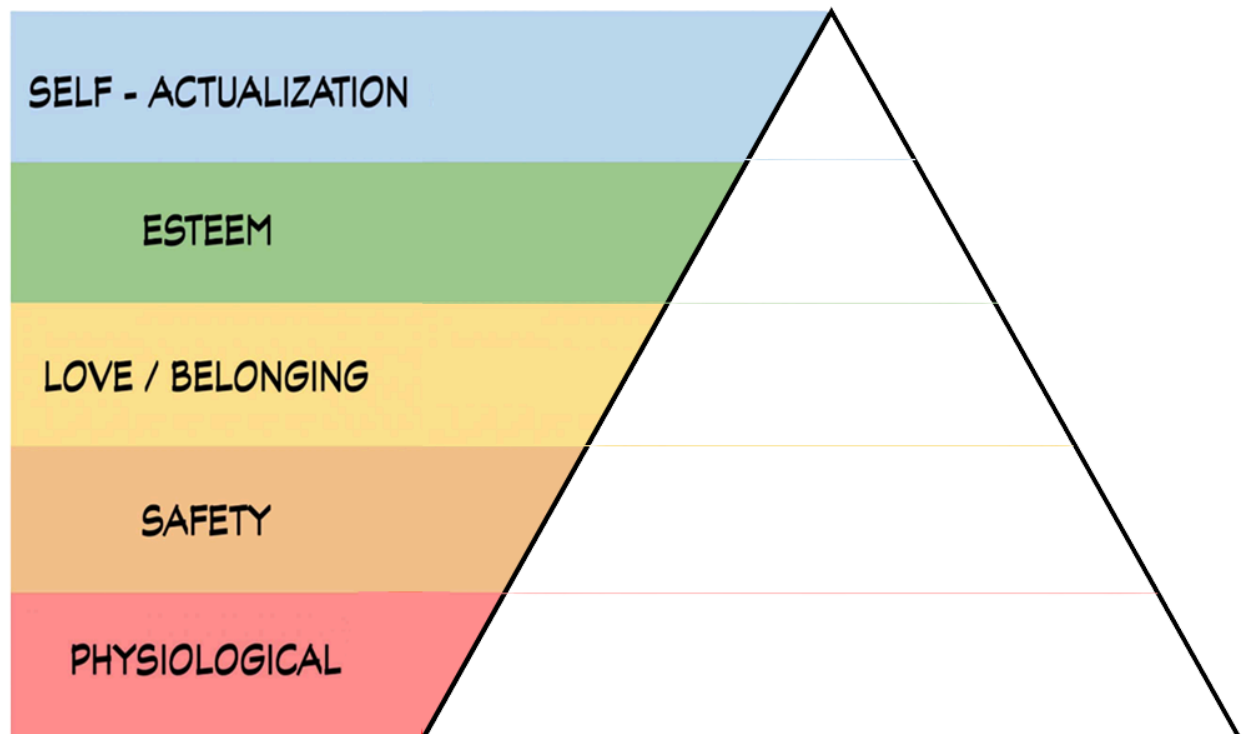
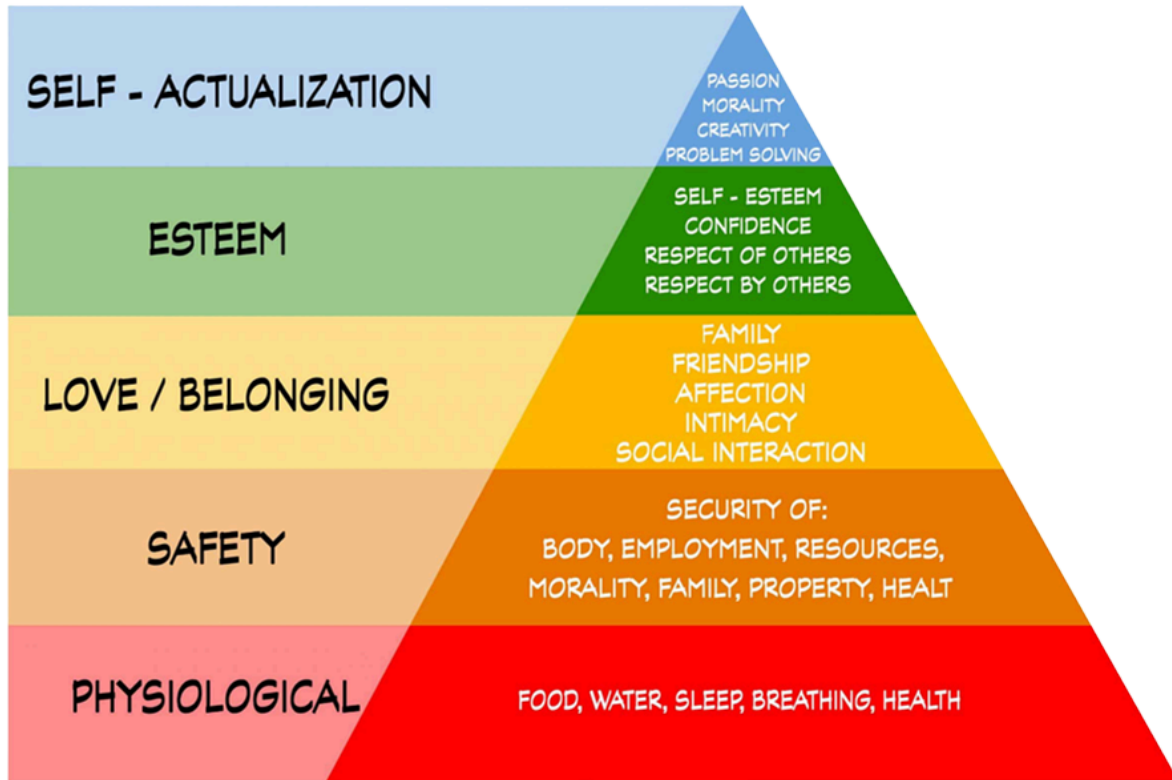


INTENTION OVER RESOLUTION

Creating Meaningful Change in 2026

“TO LIVE IS TO LEARN.” - MIDNIGHT LIBRARY

OUR CORE MAKE-UP = MASLOW'S HIERARCHY OF NEEDS



INTENTION OVER RESOLUTION

Creating Meaningful Change in 2026

Habit vs. Intention

A framework for
habit formation

Make it Obvious: Cue the habit.

Make it Attractive: Make the habit desirable.

Make it Easy: Reduce friction to start.

Make it Satisfying: Reward the habit.

Systems vs. Goals

Focus on the process
(systems) rather than
just the outcome (goals).

Identity-Based Habits: True change happens when you focus on becoming the type of person you'd like to be, not just achieving a result.

My imago:

Intention Mantras

There is no magic, one-size-fits-all solution to happiness and good habits.

Accept yourself and expect more from yourself.

Good intentions mean nothing unless they inspire practical actions.

What we do *everyday* matters more than what we do *once in a while*.

It is easier to change our surroundings and our schedule than to change ourselves.

A Century-Old Predicament: Ecclesiastes

Chasing after the wind:
how to cure the
predicament that is life.