

«Intentional» describes an action, choice, or outcome that is done deliberately, consciously, or on purpose. It means the act was planned beforehand with a clear objective or goal in mind, rather than occurring by accident or as a random coincidence.

Related Concepts & Applications

- **Psychology & Personal Growth:** Being "intentional" has gained immense popularity in self-help and wellness circles. It involves slowing down, avoiding distractions, and aligning your daily choices and habits with your core values and long-term goals.
- **Philosophy & Metaphysics:** In philosophical contexts, intentionality refers to the power of minds and mental states to be directed toward, or to represent, an object or state of affairs in the external world.
- **Law:** Legally, an action is intentional if the perpetrator consciously desired the result of their conduct or knew with substantial certainty that those consequences would follow.

Common Synonyms

- Deliberate
- Willful
- Premeditated
- Purposed

To explore practical applications of this concept, check out Weber State University's guide on how being intentional boosts focus and success, or view the Merriam-Webster definition for more precise usage.