

"Intentional" means something is done on purpose, with a conscious design or plan. It's the opposite of accidental and implies that the action was deliberate and had a specific purpose in mind. Examples include an "intentional insult" or a "planned and designed" outcome.

- Definition: Done with intention or on purpose; deliberate.
- Synonyms: Designed, planned, purposeful, deliberate, willful.
- Antonyms: Accidental, unintentional.
- Example: "The act was intentional, not accidental".
- Context: In a broader sense, being "intentional" means making deliberate choices that align with your values to achieve a goal, such as "becoming intentional can help us maintain a positive mindset, reach goals, and experience more clarity".