

# Setting Intention

## Gratitude

Take a moment to write down a few things you are grateful for. They can be abstract, like feelings or sensations, or specific people or things that bring richness to your life.

## Tapping Into Your Desires

Make yourself comfortable. Take a deep breath in, then pause for a moment. Exhale slowly, emptying your lungs. Inhale again, then exhale again slowly. Settle into the moment.

Allow any thoughts to flow through your mind without dwelling on them. Relax into the present moment and allow them to exist in the background.

Notice any emotions you may be feeling. Allow them to arise and pass through you. Try not to get caught in the story around the feeling. Just notice the emotion and where it shows up in your body. Then bring your attention back to the breath. Relax into the present moment.

Now feel a sense of openness. Bring the sensation of openness into your awareness. Breathe softly as you feel this openness to the present.

Now call in your desires. Think about the things that you most desire. Maybe it is *connection* or *love* or *abundance*. Perhaps it is something more specific. Whatever arises, embrace it without judgment.

Allow any emotions and thoughts to come and go. Let them flow through your awareness without engaging them. Honour yourself and what you want most in this moment.

Now gently return your awareness back to your breath. Notice the inhale and exhale, flowing without force through your body. Slowly expand your awareness to the space occupied by your body, then the room around you.

Start to move and gently stretch. When you feel ready, open your eyes.

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## Discovering Intention

Write down any desires, feelings or impressions that surfaced during the meditation.

Circle one or two that stand out to you. Choose the ideas that get you most excited or brings a sense of joy and peace when you contemplate them. These are your intentions.

Write down your chosen intentions below. They might be one or two words, or phrases. Be sure to write down phrases in present tense.

Examples: *Clarity* or *I live fully in the present moment.*

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## Living with Intention

Using those ideas, make a list of ways you can create or make room for these intentions in your life. Choose **realistic, actionable steps** that can be taken as you are now. No action is too small or insignificant. By working toward these goals *with intention*, you are already welcoming what you desire into your life.

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