



MINDFULNESS ACTIVITIES

Activity 2

Intention Setting: How Can I Grow?

Objectives:

- Recognize the importance of developing intentions about how you want to be, live, and show up in the world.
- Understand the importance of the gifts you have available; identify those you wish to cultivate and those you recognize in others.
- Develop a list to remind you of all that you have to share when working with others.

Steps:

- Guide the participants in a discussion:
 - What matters most to you? Your answers could form a powerful intention(s) for which you can align your thoughts, not only for meditation, but also to guide your actions as you move through your day. An intention is not a goal, it is just something you want to align with in your life. It is an aim, a purpose, or attitude to which you would be proud to commit.
 - Intentions are heart-driven, evoking feelings and purpose, like ‘practice being non-judgmental of myself and of others,’ ‘send love out to the world,’ ‘open my heart,’ and ‘let go of fear.’ Setting an intention is a way to bring your heart and mind into alignment. They can be a simple word or phrase like ‘open your mind and heart,’ ‘love,’ ‘softness,’ ‘strength,’ ‘compassion for myself and others,’ ‘peace,’ or ‘freedom.’ Try to keep the intention positive. Instead of saying, ‘stop being a coward,’ or ‘spend less time alone,’ choose the intentions, ‘be courageous’ or simply, ‘community’.
- Have participants create a list of ideas for setting intentions.
 - Use the following questions to prompt their thinking:
 - What matters most to you?
 - What would you like to build, create, or nurture in your life?
 - What would you like to let go of?
 - Who would you like to forgive in your life?
 - How do you feel when you are your happiest self?
 - What makes you proud?
 - What word(s) would you like to align yourself with?
 - What fears would you like to release?
 - What are you grateful for?