



EXERCISE:

SET AN INTENTION TODAY!

Time Needed: TEN MINUTES

Location: SOMEWHERE QUIET

Materials Needed: PAPER AND COLORED PENCILS
OR CRAYONS

What Do I Want?

Sit comfortably.

Place one hand on your stomach and one hand on your heart.

Take a deep breath, in and out.

Choose one of the desires on page 36, or finish this sentence: "I want _____." (For example, "I want meaningful relationships with my family and friends.")

Based on the desire you chose, set an intention: "My intent is _____." (For example, you can say, "My intent is to be a good friend.")

As you breathe in and out again, let the words seep into your body, and feel what these words mean to you.

Take your paper and pencil or crayon, and write your intention: "My intent is _____."

Write it in a certain color, and/or draw it if you want to.

Now think of things you can do to live this intent. You can write these ideas down on the paper. If you don't have any ideas right now, that's fine. Just stating your intent is a good first step.

When you feel done, put the paper in front of you.

Place one hand on your stomach and one hand on your heart.

Looking at the piece of paper, take another deep breath, in and out.

You can choose what you do next. You can:

- *share your intent with someone you trust*
- *keep your paper in a private or public place*
- *throw your paper away*

Over the next week, every day, say your intent at least once to yourself. If it's helpful, you can do this with your hands on your heart and stomach to feel your intent as well. Notice if there are new opportunities for you to live your intent. For example, if your intent is to be a good friend, you might notice when you have some free time and call your friend to see how they are doing.

You can do this exercise over and over again. You can choose the same intent or a different intent listed on page 36. Or you can think of new intentions, ones that are important and meaningful to you!