



## Activity 5.2

# 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 evoke feelings and purpose. Setting an intention is a way to bring your feelings and thoughts into alignment. Try to keep the intention brief and positive (i.e. “begin spending more time with others” instead of “stop being isolated and lonely”).
- 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?