



Intention

MINDFULNESS EXERCISE

FINDING AND ANCHORING AN INTENTION

Close your eyes and take a few deep breaths. Invite the body to relax and the mind to calm. Breathe in and out as if the breath is moving through the heart centre, the centre of the chest, with a gentle invitation to be receptive to whatever arises there.

Begin to let your thoughts flow and connect with your wisest self. Ask yourself, "What is my deepest intention?"

Know that a true, deep intention will feel light and open in body and mind. This is not about setting and achieving goals. An intention is an ongoing direction in life, not something to be "achieved".

Examples might be to live with more presence, to be more compassionate, to live in alignment with one's values or something else.

Just sit with the question, even if no answer arises, while gently directing the mind in that direction.

Write down your intention for your mindfulness training here.

Tipp: Make sure your wording is positive and active. Be aware of your intention every morning and remember it. Check your intention occasionally.