

Personal Intention Statements

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



As we move through life, we might find it to be of benefit to create a personal intention statement that reaffirms our vision for life. This exercise will help you to craft a personal intention statement for this present moment. Know that this statement can change according to the day, season, or year. It is not static; it is simply a reflection of where you are now, what you intend to embody, and/or where you plan to go from here.

Move through the following questions to help you focus your attention on what your present-moment personal intention statement might be. There is no way to get this wrong; simply observe what arises and make any adjustments to help it better reflect who you are.

Samples of intention statements include:

My intention is to commit to the career that brings me the greatest sense of happiness, meaning, and community. I commit to serving a greater purpose through the work that I do.

My intention is to foster love, compassion, and respect in my intimate relationship. Through patience, presence, and loving communication, I will share and open my heart to my loved one.

My intention is to commit to my physical wellbeing through meditation, nutrition, and movement. I vow to honor, respect, and love my body exactly as it is while devoting myself to a journey of greater health and happiness.

Personal Intention Statements

Mindfulness Worksheet

Once you have completed this exercise, you might write your statement down in a journal, post it in a place where you will see it daily, or share it with a loved one. This will help to affirm the intention it speaks to.

1. Choose one of the following areas of your life that you would like to your personal intention statement to reflect.

- | | | |
|--|---|--|
| <input type="checkbox"/> Physical Wellbeing | <input type="checkbox"/> Marriage/Intimate Relationship | <input type="checkbox"/> Parenting |
| <input type="checkbox"/> Emotional Wellbeing | <input type="checkbox"/> Friendship | <input type="checkbox"/> Financial Wellbeing |
| <input type="checkbox"/> Spiritual Wellbeing | <input type="checkbox"/> Family Relationships | <input type="checkbox"/> Purpose/Career |

2. From the value list below, check off the words that resonate most deeply with your being right now. There is no minimum or maximum number you need to include and not every one of these will need to be included in your statement.

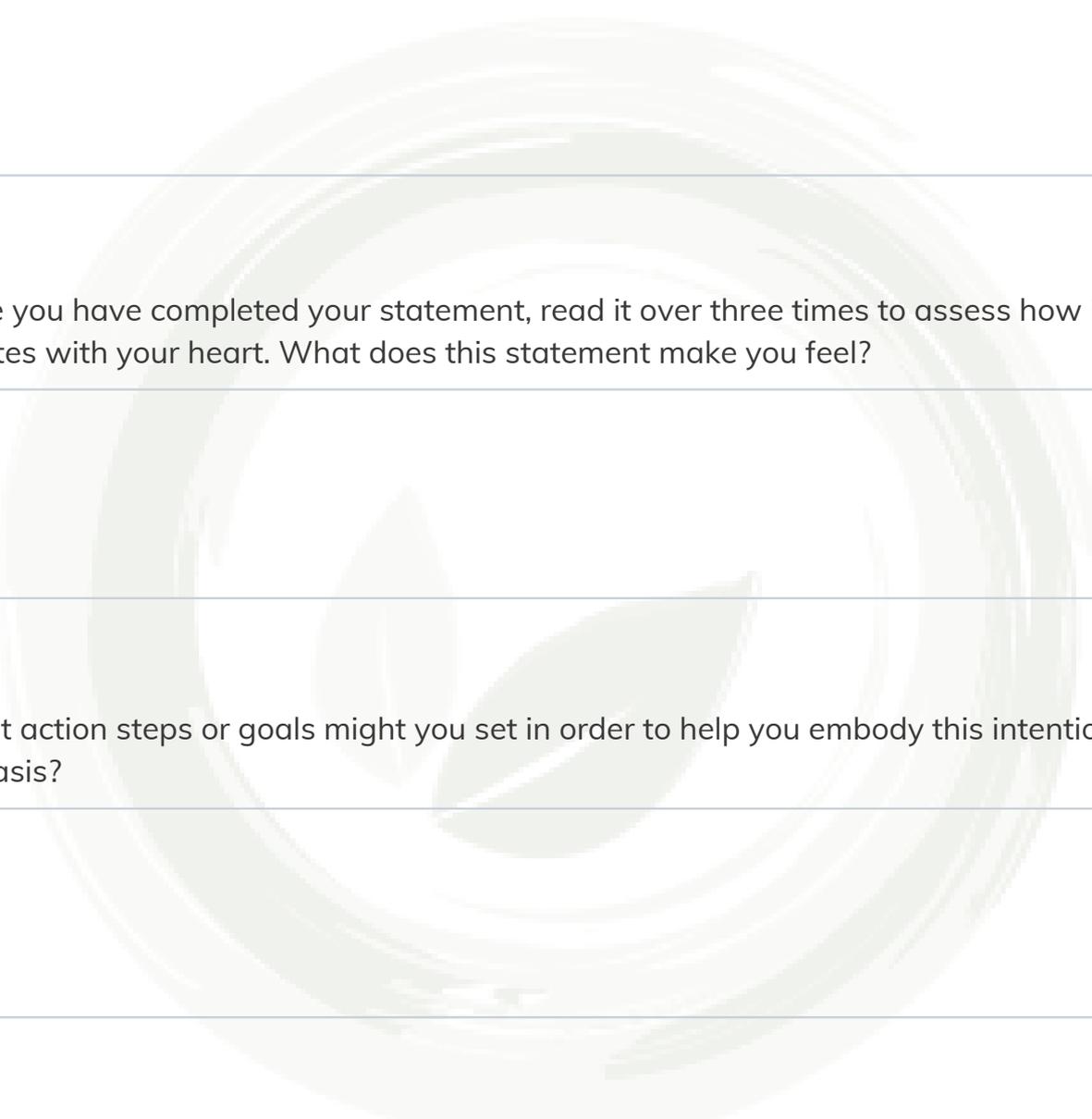
- | | | | |
|-------------------------------------|--|---|--------------------------------------|
| <input type="checkbox"/> Trust | <input type="checkbox"/> Hopefulness | <input type="checkbox"/> Openness | <input type="checkbox"/> Caring |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Thoughtfulness | <input type="checkbox"/> Willingness |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Love | <input type="checkbox"/> Reliability | <input type="checkbox"/> Sensitivity |
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Spirituality | <input type="checkbox"/> Dedication | <input type="checkbox"/> Altruism |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Understanding | <input type="checkbox"/> Commitment | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Generosity | <input type="checkbox"/> Humor | <input type="checkbox"/> Hospitality | <input type="checkbox"/> Playfulness |
| <input type="checkbox"/> Gratitude | <input type="checkbox"/> Faithfulness | <input type="checkbox"/> Patience | <input type="checkbox"/> Cooperation |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Devotion | <input type="checkbox"/> Peace | <input type="checkbox"/> Fairness |
| <input type="checkbox"/> Empathy | <input type="checkbox"/> Graciousness | <input type="checkbox"/> Expressive | <input type="checkbox"/> Meaning |
| <input type="checkbox"/> Humility | <input type="checkbox"/> Curiosity | <input type="checkbox"/> Acceptance | <input type="checkbox"/> Inspiration |

3. Do any other value words come to mind? Write down any additional words that reflect your deepest intent.

Personal Intention Statements

Mindfulness Worksheet

4. In the space below, write a first draft for your personal intention statement as it relates to the area of your life chosen in the first question. Take your time with this and remember – it does not need to be perfect or static.



5. Once you have completed your statement, read it over three times to assess how it resonates with your heart. What does this statement make you feel?

6. What action steps or goals might you set in order to help you embody this intention on a daily basis?

Come back to your intention statement daily, making adjustments to that first draft as you feel called to. As life happens, you might feel called to write a new intention in another area of your life. Let this practice be guided by your heart and intuition.