

# Intention Setting Practice for Week 2

## Meditation & Gratitude

### Purpose

Starting new habits can be hard. This intention-setting practice reminds you why you do your mindfulness practices, and helps you recommit to doing them.

Let this practice help you meditate daily, give thanks throughout your day, and remind you to message your gratitude partners.

### Start Celebrating

It's important to celebrate the little things. Professional athletes often celebrate their well-done plays with a celebratory movement – like pumping their fist and saying “yeah.”

If you have a celebratory move, great! If you don't have one, make one up that feels genuine for you: clapping or rubbing your hands, squeezing your arm, making a fist, rubbing your head, etc.

Use your move throughout your day to celebrate all the little wins and victories, like completing your intention setting for the day.

### Instructions

The instructions are the same as for week one. To recap:

- Do this activity as early in the day as possible, right after meditating.
- Read out loud using a kind, powerful voice.
- Have your posture be upright, strong, confident, and energetic. Keep your head held high.
- Read these intentions with meaning and feeling. Do your best to feel joy and kindness in your heart.
- If helpful, look at yourself in a mirror when you read them.
- Aim to memorize it within one to three weeks of practice.
- Review the Mindful Pause handout whenever necessary to refresh yourself on that practice.

### Consider Personalizing These Intentions

The first day you do this activity, read these intentions using the words listed in parenthesis to get a feel for the activity.

Then, if you want, you may substitute the words in parenthesis with other words that more genuinely speak to your heart. Write them on the blank lines and read them instead.



# Intention Setting – Week 2

*Read this script out loud two times in a row. Instructions in italics, below, are to be followed and not read aloud.*

I don't have to meditate, but I choose to meditate so I can live with more (mindfulness, wisdom, and love):

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I could focus on what's negative, but I choose to give thanks so I can live with more (joy, creativity, and abundance):

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Today, I set an intention to give thanks (before meals, when spending time with friends or family, after finishing a project, when seeing the

beauty of nature, when celebrating small victories, when seeing my gratitude slogan, and whenever else I remember to.)

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I don't have to message my gratitude partners, but I choose to, so I can (share what's wonderful, practice sympathetic joy, and learn to celebrate their successes and mine.)

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*\* Take a one-breath mindful pause \**



Today and every day, I live with an attitude of gratitude.

I am on the lookout for all that is beautiful, wonderful, successful, and skillful, and I give thanks for it all.

I give thanks for the air I breathe, the food I eat, the energy in the body, the people in my life, and even the good that comes from the difficulties I face.

I give thanks for all of the beautiful qualities I express such as: (love, wisdom, courage, and joy.)

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I do everything with a playful, creative, inquisitive attitude and an open, courageous, and loving heart. I see everything I do as an opportunity to play, create, and enjoy life.

I celebrate my own successes and the successes of others. Their happiness is my happiness. Their success is my success. Their beauty is my beauty. Their skillfulness is my skillfulness. May their wonderful qualities and

good fortunes continue, increase, and never end.

In a kind, playful, and joyful way, I do my best to embody all of these beautiful qualities, and live with an attitude of gratitude more and more.

*\* Take a one-breath mindful pause \**

*Read through the entire script two full times.*

*After completing the script for the second time, give thanks and celebrate with your celebratory move.*

*Finally, mark in your log that you completed this activity for the day. Way to go, friend!*

