

Intention Setting for Week 3

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 these loving intentions remind you to:

- Notice when self-judgment arises.
- Talk to yourself like a loving friend.
- Meditate daily.
- Give thanks throughout your day.
- Message your gratitude partners.

Keep Celebrating

It's important to celebrate the little things. Keep using your celebratory move throughout your day to celebrate all the little wins and victories.

Instructions

The instructions are the same as for weeks one and two. 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 the script 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 3

Read this script. Instructions in italics, below, are to be followed and not read aloud.

Befriending the Voice in My Head

Out of concern for my wellbeing, I try this experiment to see if it might benefit me.

I commit to loving myself unconditionally. Out of love for myself, I ask the voice in my head to please respect my inherent dignity and worth. I know you are doing your best to help me and I appreciate your service. You have been working hard, and I want you to know that we can work together.

I would appreciate it, if from now on, you talked to me like a loving friend would. Please talk to me using a kind tone of voice and friendly, supportive, and encouraging words. Do this even when giving constructive criticism or helpful advice.

If you violate this request, and direct judgmental or harsh words at me, I will let them arise, but not believe them. I will take a mindful pause and remember that “if a thought is not kind, it is not true.”

I will write down any self-judgmental thoughts that arise and transfer them into my journal. At some point I will mindfully investigate them to see how they are false, unhelpful, and unkind. I will also create a loving response to the self-judgment.

If a similar situation arises in the future, instead of telling me the judgments, it would be helpful, and serve me more, if you remind me of the content of these loving responses.

Thank you, again, voice in my head, for your help and your service. Together, we will do great things.

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



