

Intention Setting for Week 5

Mindfulness, Meditation, Gratitude, & Investigation

Purpose

Starting new habits can take effort. This intention-setting practice helps remind you of your loving intentions that motivate you to do your mindfulness practices.

Personalizing These Intentions

Read these intentions and, if you want, substitute the words in parenthesis with other words that more genuinely speak to your heart, or make more sense for you.

For example, you may prefer having a different anchor for the Be Here Now practice than on the subtle, pleasant sensations of love in the body. If so, write your chosen anchor.

For your intentions on when to give gratitude each day, check the box of those you lovingly intend to do. If you have other ideas of when to give thanks, write them in the blanks and check the box in front of them.

Then, when reading your intentions, only read those you checked.

Keep Celebrating

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

Instructions

- 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 BALADI and Mindful Pause handouts whenever necessary to refresh yourself on those practices.



Intention Setting – Week 5

Instructions are in italics below. They are to be followed and not read aloud.

I Will Be Here Now

Read this section out loud two times.

Today, I will do my best to Be Here Now. As I go about my day, I will anchor part of my awareness (on the pleasant sensations of love)

to keep me grounded in the now.

Then, whenever I feel distress, I will take a mindful pause for 10 breath-cycles or as long as it takes to feel mindful, centered, and grounded.

I will take note of the thoughts that disturbed me so I can investigate them later.

** After the second reading, take a one-breath-cycle mindful pause, then read the next section twice. **

I Will Relate Mindfully to Thoughts

I could believe my unkind, unhelpful, and untrue thoughts, but then they rule me and lead me to suffer and act unskillfully.

Instead, I choose to be mindful of thoughts. I don't resist them. I don't identify with them. And I remember that thoughts are symbols and pointers, never the full truth. Thoughts do not equal reality.

The suffering masses reject what they see and believe what they think. The wise reject what they think and believe what they see. I choose to come to my senses and be wise.

** After the second reading, take a one-breath-cycle mindful pause, then read the next section three times. **



I Will Investigate Falsehoods

I could uncritically believe my thoughts, but I choose to investigate them so I can train my brain to be more (wise, kind, helpful, balanced, and skillful):

** After the third reading, take a one-breath-cycle mindful pause. **

I Will Meditate

There are many things to do in life, but I prioritize meditating so I can live with more (mindfulness, love, wisdom, courage, and persistence):

** After the third reading, take a one-breath-cycle mindful pause. **

I Will Give Thanks

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

** After the third reading, take a one-breath-cycle mindful pause. **

I set a firm intention to give thanks

(10) _____ or more times today.

** After the third reading, take a one-breath-cycle mindful pause. **

If you consistently give thanks 10 or more times a day, then you have completed your intention setting for the day! Give thanks and celebrate with your celebratory move. Then mark in your log that you completed this activity.

If you are not yet consistently giving thanks 10 or more times a day, then read the next section out loud once. Only read those behaviors that you intend to do.



When I Will Give Thanks

Every day, I will give thanks (*Check all that you intend to do*):

- First thing when I wake up.
- When I do my BALA(DI) practice.
- When I read my gratitude partner's gratitudes.
- When I message my gratitude partners.
- When I see my gratitude slogans.
- Whenever my timer goes off. (*Set your phone or watch timer to go off every hour, half hour, or an interval of your choosing throughout the day to remind you to give thanks.*)
- Before meals.
- When being skillful.
- Before, after, or while spending time with family and friends.
- When smelling, tasting, hearing, or seeing something delightful.
- When starting a task.
- While doing a task.
- After finishing a task.
- When celebrating victories, be they small, medium, or large.
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- Before going to bed at night.
- Whenever else I remember to.

You're done for today! Give thanks and celebrate with your celebratory move.

Now mark in your log that you completed this activity.

Way to go! I appreciate your skillful effort!

