

Investigation Planning for Week

Get out your planner and fill in the blanks on when you will do your mindful inquiries this week.

Example: On Wednesday, I will investigate one self-judgmental thought after the evening dog walk, in my home office.

On (day of week) _____ I will investigate one self-judgmental thought (time – preferably before or after a routine activity) _____
(location) _____.

On (day of week) _____ I will investigate one self-judgmental thought (time) _____
(location) _____.

On (day of week) _____ I will investigate one self-judgmental thought (time) _____
(location) _____.

Please put these activities in your planner, and then follow through. Do your celebratory move for finishing this assignment. Way to go, friend!



Boundless Love Project
Creating a Global Beloved
Community Where All Life Thrives
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Intention Setting for Week 8

Mindfulness, Meditation, Gratitude, & Investigation

Purpose

Starting new habits takes effort. This intention-setting practice helps remind you of 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 your intentions on when to give gratitude each day, check the boxes 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 Giving Thanks

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

Instructions

- Do this activity as early in the day as possible, right before or 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 8

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

*The start of each new section has a heading in **bold**. The number in parenthesis () is how many times to read that section out loud. Between sections, take one-breath-cycle mindful pause.*

I will meditate (1)

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

Let Love Rule (3)

I could judge everyone and everything, but (all life is sacred)

so I choose to let love rule. I choose to see the conditioned nature of other people's thoughts, emotions, and

actions. I choose to renounce judgment, forgive everyone, and relate with compassion towards the unskillful, because "if not for my good fortune, I could be them." I choose to live by the motto: if it's not kind, it's not true.

I will cherish the body-mind (2)

I could judge myself, but for my wellbeing and the wellbeing of others, I choose to relate to the body-mind and all of its parts with love, kindness, and compassion.

I will lovingly serve (1)

As I go about my day, I will purify my motives, and the skillfulness of my actions, by asking of each activity:

- Who or what does this serve?
- How does this serve and benefit life?
- How may I do this in a way that helps all life thrive?

I will be here now (2)

I could spend my day lost in futuring and pasting, but the now is all there is, so I choose to come to my senses and be here now.



I will be mindful of my motives (1)

Is life more fulfilling when love and service motivate my actions, rather than aversion and greed? Today, I will find out! I will mindfully notice the motivations behind my actions from moment-to-moment, and pay attention to how different motivations lead to different mental, emotional, and behavioral patterns.

I will relate mindfully to thoughts (1)

I could believe unkind, unhelpful, and untrue thoughts, but then they rule me, and cause me to suffer and behave unskillfully.

Instead, I choose to be mindful of thoughts. I don't resist them. I don't identify with them. And if they generate afflictive emotions, I know them to be false, and I don't believe them.

I will investigate falsehoods (1)

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):

I will be mindful of emotions (1)

I could resist and identify with my emotions, but then they rule me and cause me to act unskillfully.

Instead, I choose to be mindful of emotions. I will allow them to be, see them as impersonal nature lawfully unfolding, and kindly investigate them to learn the laws that govern them, so I can work cooperatively with those laws to master my emotions.

I will give thanks (1)

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.)

I set a loving and firm intention to give thanks

(10) _____ or more times today.



If you are consistently giving thanks 10 or more times a day, skip this section and follow the instructions at the end of it.

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 (1)

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! Great work! Give thanks and celebrate with your celebratory move. Be sure to record this activity in your log.