

Exploring Your "Why"



To know if something is helpful or transformative, we must first become aware of what we want to change.

In this exercise, you are invited to explore the reasons why you are drawn to take this class. On the following page, you will explore what you would like to get out of it, ultimately, to create an Intention Statement.

**1. In the space below, allow yourself to explore the following questions.
Freeform. First thought, best thought.**

*How do you feel about your energetic boundaries currently?

*What are the main issues you face with being sensitive?

*What do you wish you could change about the way you relate to other people's pain or problems?

*If you work with others in a healing context or would like to, how are your boundaries in relation to your clients? How are they with family/friends?

Creating Your Intention



2. Enter your reflections in the area provided below. There are no wrong answers. Let yourself explore and be willing to be surprised by what you write.

*What is your intention for being here?

*How might this impact your life ideally? Are you here for yourself, to be a better parent, partner, practitioner?

*What would you hope to gain from this experience if there were no limitations (which there aren't)? What could possibly come from this in the best possible case scenario?

3. Based on the free write above, find six of your favorite words and list them here:

1.

2.

3.

4.

5.

6.

From the words you gathered above, you will create an Intention Statement.

An Intention Statement is like a mission statement and affirmation combined. An Intention Statement starts with I AM and speaks in present tense about the ways you want to feel and the things you want to become. It can be several sentences, but you want to make it concise enough to recall or easily and recite regularly.

For example: I might write something like this in the first exercise:

My intention in taking this course is to learn how to trust my intuition, to be a better mom with more patience, taking things less personally, and being more effective as a listener for my family and clients. Ideally after taking this course if I could have anything I would know how to be more intuitive, how to be a better practitioner, how to have so much energy at the end of my day from all I give and all the ways I show up for people, that I never feel drained. I would have tools that I could make into a doable self-care practice. I would feel more powerful, centered, awake, available, and effective.

My favorite words from this are:

Intuition, trust, patient, energy, powerful, practice, centered.

My Intention Statement is:

I am powerful, centered, and patient. I know how to trust my intuition, and I have a personal practice that I engage in every day that helps me to stay centered. I have unlimited energy!

Your Intention Statement



5. In addition to writing out your intention statement, you may want to draw it as a picture. Or you can make a collage or find an image that represents this to you and print it out and look at it daily. Record your own voice on your phone, speaking it out loud and listen to it at night as you fall asleep. Or you can simply write it out in the space below.

You are welcome to post this somewhere obvious in your home so you can see it on a regular basis. On your phone or computer screen saver, tattoo it on your forehead (as long as you make sure the letters are backward so you can read it when you look in the mirror of course.), hang it on your bedroom wall, bathroom mirror, in your car, etc. The more often you repeat and affirm, the more energy you direct towards this intention. You are welcome to use this process to create intention statements for other things in your life as well. Energy follows thought, and things manifest more efficiently when we are clear and focused. Oh, and having fun is helpful too.

A large, empty rectangular box with a thick gray border, intended for writing or drawing an intention statement.