

An Introductory Mindful Awareness Script: Setting and Holding Intentions

Introduction

An intention is a decision to do something. You may not be able to fully act on your intention right now, but maybe you can take a small step towards it.

Sometimes we talk about holding an intention. For example, we may hold the intention of eating better, or being more mindfully aware in the near future. It may happen today; it may not. Regardless, the key is to keep the mindset that you will, at some point, take steps to doing or accomplishing your intention—of eating better or being mindfully aware, etc., no matter how small the steps or how long it takes. Even just thinking about it is a step in the right direction.

It's like aiming at a target. You do your best with every shot to hit the bullseye. Sometimes you hit it, and sometimes you don't. Whatever happens, though, the goal is maintain the mindset that you will eventually connect with your target. And, more often than not, making small adjustments over time often can have the significant effect of helping you connect with your target.

Are you ready?

Practice

First, find a comfortable posture.

(Pause)

Next, relax your body as best as you can.

(Pause)

What intentions might you set today?

Maybe an intention to take one small step to improve your physical health? Or, how about to take one small step to improve your mental health?

Maybe an intention to take one small step to eat better, or, to be more mindfully aware?

Or maybe an intention to take one small step to include some physical movement in your day?

How about setting an intention to take one small step toward sleeping better?

Or, how about setting an intention to take one small step to connect with a friend or family member? What about serving others as a volunteer?

Could you bring more gratitude into your life? More humor? Is there something you want to learn? A skill you want to develop?

Consider setting an intention right now. What intention feels right for you? What would you like to do to help yourself learn and grow?

Let your body relax and see what type of intention might come to you. If you don't feel ready to set an intention, that's fine. Just starting this practice is enough. However, if you are able, allow an intention to arise.

(Pause)

If you are able, write your intention down.

(Pause)

Notice what it feels like in your body when you write down the intention.

(Pause)

Is your body tense? Relaxed? Somewhere in between?

(Pause)

After writing down your intention, let your mind and body relax as best as you can. You've done your work. Take this time to relax as best as you are able.

(Pause)

Sharing Your Intention

Next, when you are ready, let's go around the room and share our intentions.

There will be no talking among ourselves as each of us shares our intentions. The purpose here is simply to give our intention a voice.

For example, my intention is... _____.
(Here the facilitator shares his/her intention.)

If you choose not to share your intention, simply say, "Pass". This is totally acceptable. Any questions?

(Pause)

Who would like to begin?

(After each participant shares an intention, the facilitator simply responds by saying, "Thank you.")

(After everyone shares their intention, allow for several moments of silence.)

Nice job!

Today you have set intentions.

You may not be able to fully act on your intention right now, but maybe you can take a small step toward it in the near future.

Remember, one of the key insights of setting intentions is that intentions don't have to be big. In fact, setting small intentions can be better—even the intention of just thinking about doing something like eating better or being more mindfully aware can start to make a difference in your life.

Thank you for your practice today.

Questions

1. How are you feeling in your body after setting your intentions?
2. Did you notice any resistance coming up when you did this exercise?
3. How can this exercise help you as you work toward your own personal growth?
4. How can the intention you set help you be more resilient?
5. How does your intention connect to what really matters to you in your life?