

# My Spiritual Intention Worksheet

## Directions for Using the following worksheet

1. Use the meditation provided to find clarity around your Spiritual Intention. Feel free to use additional breathing practices, or even a full yoga practice.
2. Once you have completed the meditation, fill out the following page. Use the circles and the questions to help you organize your thoughts and the information that came during the meditation. Some words may appear more than once.  
If a circle is blank, release any judgement you may have around that. You can always come back to it later.
3. When you feel complete in your writing, circle or highlight the words that feel the most resonant for you.
4. Now go back over the circled or highlighted words and focus on the ones that are only about you and your personal growth.
5. Out of these words which one is jumping off the page for you? Take as much time as you need with this process. You might even sit and breathe that word through you for a couple of breaths to make sure it is THE ONE. Remember, you can always change your mind.
6. Take this word and formulate an affirmation statement. It should:
  - Be a positive statement – something you are growing
  - Be in the present tense
  - Include an I-statement. “I am,” or “I have,” or “I welcome,” or “---breathes through me now.”
  - Be short enough to remember
7. Once you have your affirmation statement of your Spiritual Intention. Write it down. Soften your eyes and say it to yourself three times. Say it out loud three times. If you have someone that supports you, have them repeat your intention to you three time. Make it your screen saver, write it on your mirror, have fun with it!

Note: It may take you more than one time to discover your Spiritual Intention as this is a life-long journey. Don't get discouraged. Instead try this practice weekly or monthly. You may also choose to work with a practitioner for extra guidance.

# My Spiritual Intention Worksheet

What expands me?



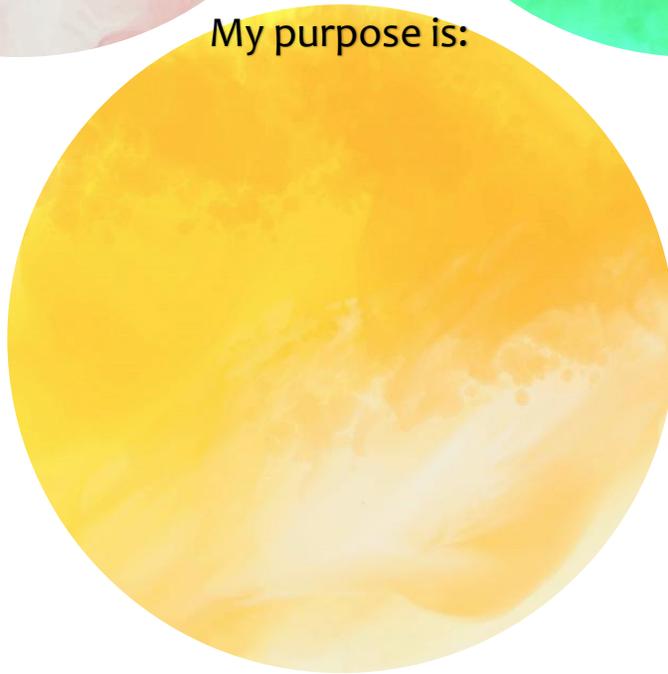
What makes me feel most like myself?



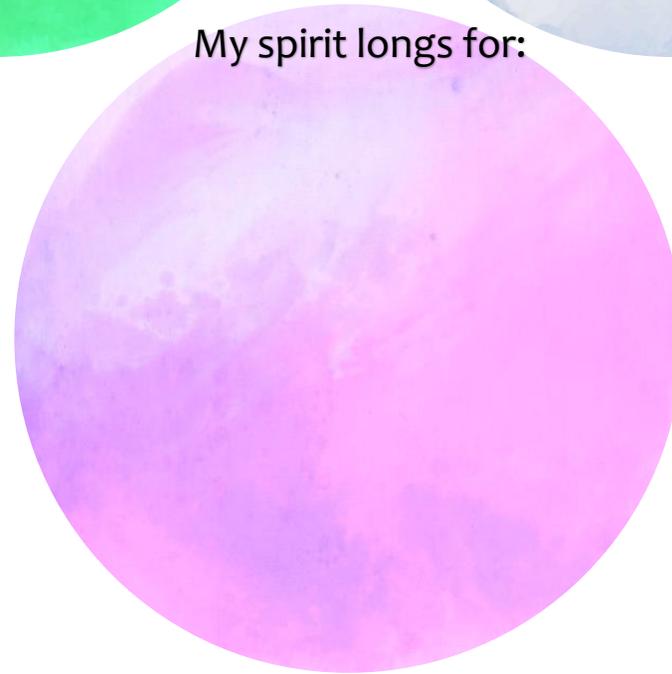
This is what wholeness is like:



My purpose is:



My spirit longs for:



**My Spiritual Intention:** \_\_\_\_\_