

Working with Intention: A Guide for Therapists and Clients

Intention are guiding principles that help focus our practice. That practice can be doing yoga, making art, or meditating. The intention can be a general one, or very specific. The aim is to be able to make the intention a reality. Generally, once you have chosen a significant intention, you work to make it a reality for 21 days, by repeating it daily and then an additional 7 days to seal the intention.

When you create an intention to use before you begin your practice you can think about:

What matters to you most?
What would you like to create or nurture in your life?
What would you like to let go of?
What might you like to forgive?
What would you like to feel?
What are you grateful for?

Examples of intentions:

1. I am present in this moment
2. I am confident
3. I am balanced
4. I embrace change
5. I can be vulnerable
6. I connect with others
7. I can give (or receive) love
8. I recognize my own strength
9. I act with courage
10. I get what I want

When you are practicing, yoga, art-making, or meditation, bring your mind back to your intention throughout your practice to reinforce it as a guiding principle.

Daily, you can also work with intention by writing the statements 3-5 X's each:

I (state the intention)
You (state the intention)
Your name (state the intention)

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