



Setting Your

INTENTIONS

MICRODOSING INSTITUTE

TODAY'S LEARNINGS

- A little bit of research
- What is an intention?
- Why set an intention?
- 4 P's of an effective intention
- Intention settings pitfalls
- Using an intention to guide yourself to a new reality
- Intention setting exercise

WHAT IS AN INTENTION?

- The basis of all creation
- Provides a guiding light for your journey
- Centered around being, not doing
- Reminds you of who you want to be & how you want to feel
- Heart-driven rather than brain-driven
- Provokes feeling in you

WHY SET AN INTENTION FOR YOUR JOURNEY?

- Guides us towards who we want to be in life ('north star')
- Makes the journey personal
- Makes the journey directional
- Works as a driver/motivator
- Makes it easy to define your next actions
- Supports you through highs and lows
- (benefits and challenges)

4 P'S OF AN EFFECTIVE INTENTION

1. Positive
2. Personal
3. Powerful statement
4. Present Tense

THE MOST COMMON PITFALLS

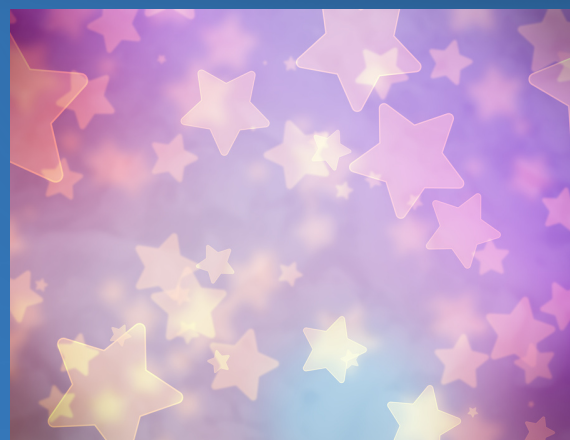
1. Setting a goal instead of an intention
2. Working with a intention that (still) contains hesitation or confusion



EXAMPLES OF PRESENT, PERSONAL, POWERFUL INTENTIONS

- I trust myself and my inner knowing
- Every area of my life is guided by love, kindness, and gratitude
- I allow all parts of myself to be expressed; fully and courageously
- Effortlessness is my main guidance system
- I know what sets my heart on fire

HOW YOUR INTENTION GUIDES YOU TO A NEW REALITY



Identify your initial why

What do you want to achieve through microdosing?

"I want to be a more confident person."



Set a feeling based Intention

How will you feel once this why becomes a reality?

"I allow all parts of myself to be expressed; fully and courageously"



Collect insights related to intention

How are my benefits and challenges related to my intention?

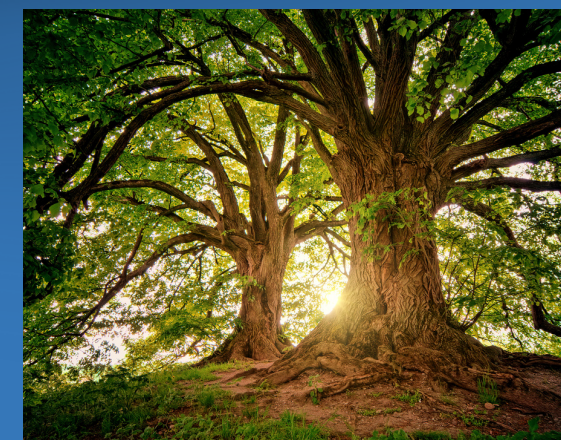
"I learn when and how my confidence is challenged."



Identify and take supportive actions

Based on your learnings, what actions can help you embody your intention?

"I choose to no longer compare my success to others."



Embodiment and Integration

Who do you become?

"I confidently and courageously express myself"

JOURNALING EXERCISE

- Why do you wish to begin this microdosing journey?
- What do you want to achieve through microdosing?

PAUSE THIS VIDEO TO COMPLETE THIS EXERCISE

**IDENTIFY
YOUR
INITIAL WHY**

JOURNALING EXERCISE: REFLECT ON THESE POWERFUL QUESTIONS

- Imagine what life will be like when your 'why' becomes a reality. How will you feel when you have achieved this?
- What would you like to build, create, or nurture in your life?
- How do you feel when you are your best and most peaceful self?
- What do you need/want more of?
- What holds you back from realizing your dreams or goals?
- Who would you be without this fear or these limitations?

PAUSE THIS VIDEO TO COMPLETE THIS EXERCISE

**SET A
FEELING
BASED
INTENTION**

EXERCISE: IDENTIFY AN INTENTION USING THE 4 P'S

Reflect on the past two exercises and identify a feeling based intention to guide your journey. Use the four P's to create a powerful intention:

1. Is your intention is phrased in the positive sense?
2. Is your intention phrased in the present tense?
3. Is your intention relevant to your personal journey?
4. Does your intention feel like a powerful and supportive statement?

PAUSE THIS VIDEO TO COMPLETE THIS EXERCISE

**SET A
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A FEW RECOMMENDATIONS

- If you have multiple intentions, ask yourself: What do they all have in common? Which one is so important that it can't be left out?
- Repeat your intention out loud, and notice where you feel it in your body.
- Do these sensations feel supportive or do you want to make some small adjustments to land on the intention that feels most nourishing?

PAUSE THIS VIDEO TO COMPLETE THIS EXERCISE

**SIT WITH
YOUR
INTENTION**

**“INTENTIONS
COMPRESSED INTO
WORDS ENFOLD
MAGICAL POWER.”**

- Deepak Chopra -