

# **Intention Setting**

## **Questions & Prompts**



### **Preparation & Intention Setting Questions**

What are your goals? What do you hope to receive from this session?

What fears or concerns do you have about this work, if any?

What are you willing to check at the door, before entering into this work together?

Do you believe in miracles? Is there a part of you that is open to this being easy?

What critical or judgmental voices might show up for you, that could distract you from deepening your process, trusting the medicine, or getting the most out of the day?

What are your personal resources? Who can you speak to or pretend to write to in a journal about this experience?

Are there any objects you'd like to bring in with you to place on the altar during the ceremony?

### **Intention Setting Prompts**

Something that is very present for me right now is...

Something I am avoiding is...

I have concerns about...

I am curious about...

I am inspired to explore...

I am ready to let go of...

In this moment I deeply desire and long for...

### **Intention Statement**

#### **Ways to start an intention statement**

“Thank you for giving me this opportunity to...”

“I am choosing to...”

**My Intention**