

Setting an Intention Before Your Session

Worksheet for Mindfulness Teachers

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Mindfulness teachers are still human. You may someday find yourself mentally scattered in the moments before leading a mindfulness session. You may someday find yourself so eager to share your wisdom, that it's hard to settle on a topic. We cannot teach others all we know in a single day.

For these reasons and more, setting an intention before leading a meditation class or workshop can be very useful. Setting an intention can help us to tune in with why we've decided to lead this particular session in the first place. It can refocus our energy and attention for the benefit of all – ourselves included.

This worksheet is a simple practice to help you create an intention statement before leading a session. It can be used the morning of a retreat, workshop, or guided meditation – or at any other time it feels suitable for you.

PRACTICE:

1. Find a quiet space where you can rest comfortably for a short mindfulness practice of your own. Close your eyes, feel into the earth beneath you, and then turn your attention towards the breath. Take a few mindful breaths just to arrive here.

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2. Spend five to ten minutes practicing any type of mindfulness technique that feels grounding to you. For instance, you might focus your awareness on the felt sensation of the breath or the body. Alternatively, you might practice awareness of your connection to the earth.

3. When you feel grounded, consider:

What's the one takeaway I most wish others to go home with?

How can I best be of service to others, in this one session?

What is my intention for the session I will be leading today?

Reflect upon these questions for a few minutes until your purpose for the workshop, class, or retreat becomes clear.

4. Once your vision is clear, soften all inner whispers and come back to your breath for another minute. When you are ready, let your eyes slowly open. Consider solidifying the intention you've set by writing it down in the space below.

REFLECTION QUESTIONS:

1. If your students were to go home with just one lesson today, what would it be?

2. To best be of service to others, what do you personally need to focus on today?

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3. Considering the above, what is your intention for the session you will be leading today?

