

# Setting an Intention

## Class Summary

- **Setting an Intention helps you to preserve your wellbeing and to ensure that you end up where you want to be in life**
- **There are two kinds of intention; your Long-Term Intention (Purpose) and Daily Intention**
- **Your Purpose is the soul beneath your ego, what really matters to you**
- **When you set aside time to practice the classes we've done together and quieten your mind, you can discover who you really are and identify your Purpose**
- **When difficulties arise in your life, you can utilise your Purpose as a calming influence, making you more resilient to stress**
- **It's more difficult to get knocked off course if you have a higher intention like this**
- **Cultivating a Purpose in life adds a Compass to your tools (such as Map Drawing) for navigating life**
- **Our Daily Intention guides you in your dealings with others and keeps you on track with your Purpose**
- **It encourages you to ask "What is my best intention?" and "What is my highest intention?" in any moment**
- **It helps you to connect more authentically with other people, less concerned with your ego projections**
- **You can regularly check whether your daily intention is on track with your Purpose and respond accordingly if it isn't**
- **Visualisation allows you to practice how you're going to respond and behave with others, before you encounter them**
- **Research shows that writing your daily intention down increases your chances of completing it**
- **Write down your daily intention and remind yourself of it, each morning**
- **By practicing like this, your daily intention will become a habit**