



AnxietyLab.org

## 3-4-5 Program Course

### Power #1: Intention

Intention is the root of all actions. It allows our creative forces to make things happen. It is clarifying and helps focus the mind on what you want to achieve. Every action begins with intention.

Websters dictionary defines it as: "A determination to act in a certain way".

More broadly, it is the energy force that enables us to act and make things happen.

Nothing happens without intention - the intention of the person or persons who MADE THE THING HAPPEN.

With mindfulness, we can all harness this power more effectively.

### Exercise:

Experiment with different thoughts and see how they make you feel. In an attempt to notice how intention feels in your mind, say a few different sentences and then check your gut to determine if you *really* want (intend) to do that thing.

**Notice when you feel *real* intention toward something, and when you don't. Notice the FORCE of real intention when you think about something you really want to happen. Can**

**you describe how it feels?**

Use the sample sentences below to check your internal “intention” response. Using a scale of 1-5, (5 being a strong agreement, 1 being no agreement with the sentence), rate how much real intention you have to do each thing.

**Example:** Using a scale of 1-5, 5 is strongest agreement, 1 is no agreement.

    5     “I intend to end my anxiety problem.”

    1     “I intend to eat bugs for dinner tonight.”

           “I intend to clean the house this week.”

           “I intend to say something kind to one of my neighbors this weekend.”

           “I intend to end my bad eating habits.”

           “I intend to learn how to meditate better.”

           “I intend to learn how to do calculus.”

           “I intend to make more money.”

           “I intend to make my dreams come true.”

**Comparison exercise:** Write down a real intention you have. Then write out something you do NOT want to do. Notice the difference in how you feel when you write them. Notice how different it feels when you write the one you really want to do from how you feel when you write the one you really have no intention of doing.

## **Sentence #1 - a real intention**

I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Sentence #2 - NOT a real intention**

I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.