MIND LIFE
PROJECT

Your Intentions...

When creating any new habit INTENTION is crucial. Take a few moments to write down your answers to these questions.

1. What has drawn you to learn mindfulness meditation and join this course?

2. What do you hope to learn from this course and how do you hope this will positively impact your life?

3. What do you predict will get in the way of doing your daily mindfulness meditation practice over the next 6 weeks? (Think internal obstacles and external obstacles and write them down)

4. What steps can you take to prioritise the practice over the next 6 weeks? (eg. Find a friend to do the course with, tell your friends and family to keep you accountable, create a space in your house that will be your meditation space)

5. How important (on a scale of 1-10, 1 = not important at all, 10 = highly important) is it for you to commit to this practice over the next 6 weeks and why?

1 2 3 4 5 6 7 8 9 10