



# The Power of Intention

Name: \_\_\_\_\_ Date: \_\_\_\_\_

In order to live a purposeful life, or a life of intention, we must live our values. The final skill of Mindfulness-Based Ecotherapy (MBE) is living in True Self. The way to live in True Self is to know who and what we are, and to use that knowledge to set our intentions and purpose. The first step lies in creating a roadmap. Looking back on your answers to the question on the previous page, think about which values and traits you have that might help you to accomplish your goals. Write these traits in the spaces provided below.

*I demonstrate my reverence for all of life by manifesting unconditional love and respect for myself and all other beings in the following ways:*

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*I demonstrate my natural sincerity by manifesting honesty, simplicity and faithfulness in the following ways:*

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*I demonstrate my gentleness by manifesting kindness, consideration for others and sensitivity to spiritual truth in the following ways:*

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*I demonstrate supportiveness by manifesting service to others without expectation of reward in the following ways:*

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