



# Hope at Hand

## “Intentions”

### Directions

1. Read: “The Power of Intention” (both poems). Then, read the list of possible intentions (or have a participant read them).
2. Read: the Setting Your Intentions handout. Provide time for discussion and think through examples as a think-aloud, engaging participants in the discussion.
3. Write: Complete the writing template with actions you can take that support your intention(s). This will make up the content of their zine.
4. Art - 8-page zine:
  - Page One: Cover
  - Page Two: “I am \_\_\_\_\_”
  - Page Three: My intention
  - Page Four: An action
  - Page Five: Expand your intention with more detail
  - Page Six: Who else will this intention help?
  - Page Seven: Draw a sketch to visualize your goal!
  - Page Eight: Back Cover

Participants can use the “How to Make a Zine” handout for instructions on numbering, folding, and cutting.

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

### Materials

Printer paper, scissors, pencils, colored pencils, markers.

## **The Power of Intention**

From Marcia Wielder, America's Dream Coach

It's time to change the way we think and speak about our dreams. Transforming a conversation, just like manifesting a dream, begins by setting an intention. Your intentions will assist you in taking greater control of your life. A working definition for intention is: "to have in mind a purpose or plan, to direct the mind, to aim." Lacking intention, we sometimes stray without meaning or direction. But with it, all the forces of the universe can align to make even the most impossible possible. My intention is to transform the conversation around dreams from fear and doubt to hope and possibility, followed by action and result.

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## **The Power of Intention**

"You are what your deepest desire is.  
As your desire is, so is your intention.  
As your intention is, so is your will.  
As your will is, so is your deed."

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## List of Possible Intentions

- Let go of baggage and move on. (You know, those grudges you hold, the people you need to forgive, relationships that need to end, etc.)
- Make a transition in my life. ( Are you thinking about a move or a transition in your life? Set an intention to get you on the right track or to ask for the guidance to get you where you want to go.)
- Unleash my fears. ( Especially good for new yoga students who may have some trepidation on their yoga mats.)
- Be more patient.
- Open my heart (and mind) and send this love out into the world.
- Practice being non-judgmental of myself and others.
- Find my purpose in life. ( Personal intentions are fine; just don't put out intentions to win the lottery. Instead, ask for ways to make a difference and to help others.)
- Choose to be happy.
- Let go of stress- not only for the next 60 minutes on my yoga mat, but also as I go through my week off the yoga mat.
- Free my monkey mind and let go of the incessant chatter- to let my mind be free and immersed in the union of the body and the breath.

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## Setting Your Intentions

**Meaningful** - Intentions are what you want to manifest.

**Positive** - An intention is stated in the positive, or what you want, versus what you don't want.

**Present tense of the End Result** - An intention is represented in the end result you want to achieve. It is not a "to-do" list.

**Expansive** - Since you do not know how good it can be, do not limit yourself! Set aside any limiting thoughts or beliefs.

**Achievable and believable to you** - You should feel that your intention is achievable and believable. A stretch is good, however too much of a stretch is self-defeating.

**Call in Grace and Ease** - Intentions include how you want to receive the intention. How will you be with yourself, others, and the universe during the process of manifesting your intention?

**Empowering Words** - Since your intention is 100% believable to you, do not use the words "always" or "never" or "should" because they are unrealistic.

**Clear and Concise** - Clarity is important. Exactly what do you want your experience to look and feel like? The shorter, the better.

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I am:

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My intention:

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Now, an action:

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Expand your intention:

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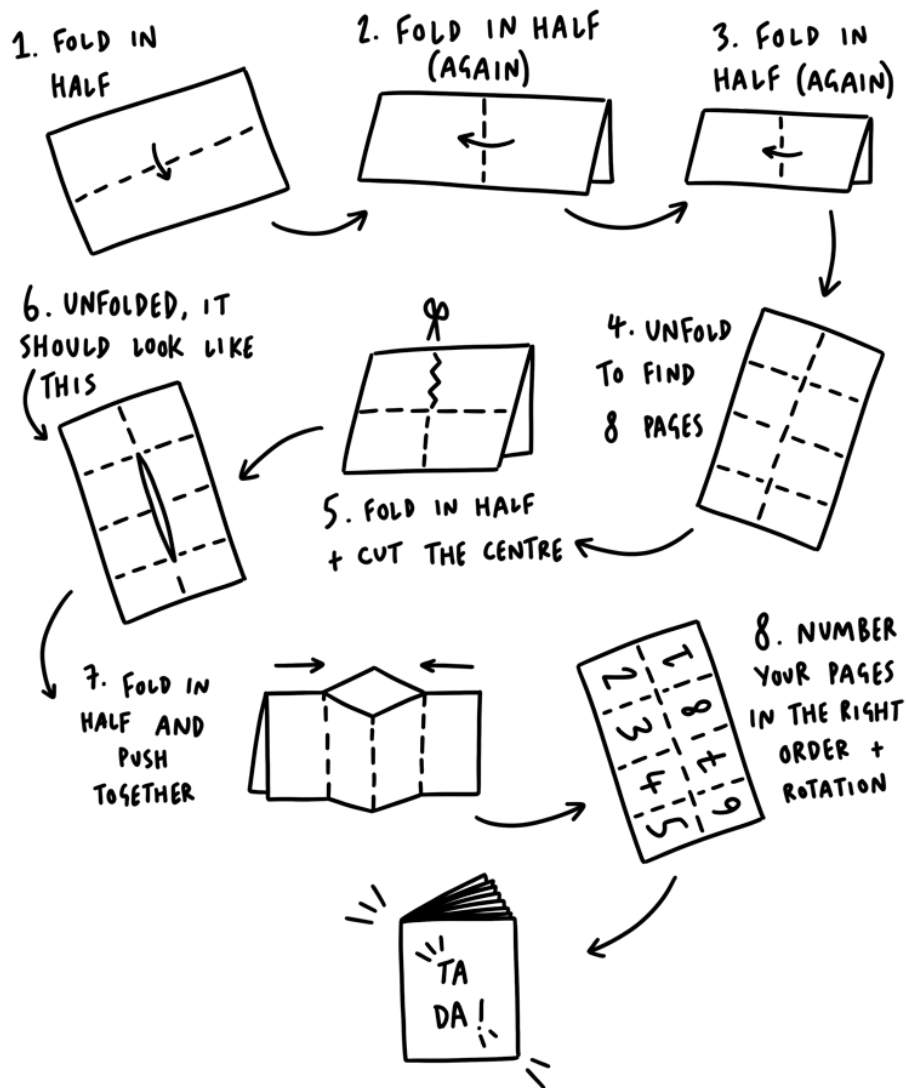
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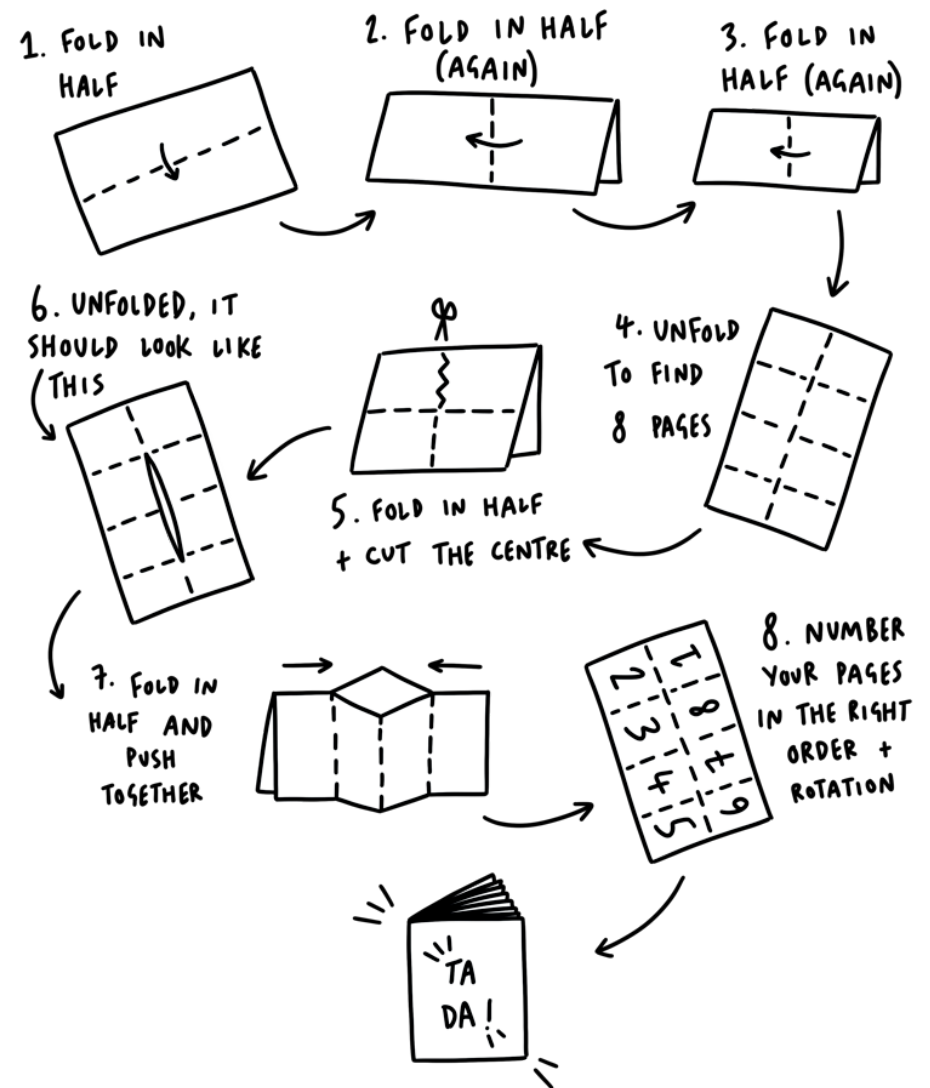
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## How to Make a Zine

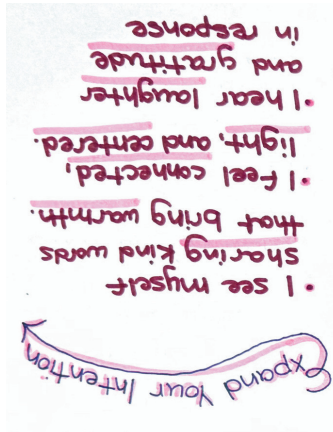


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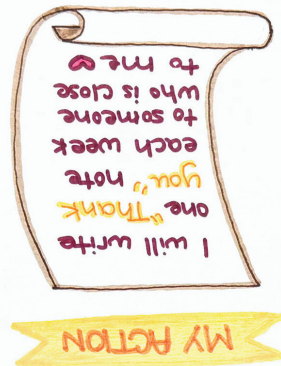




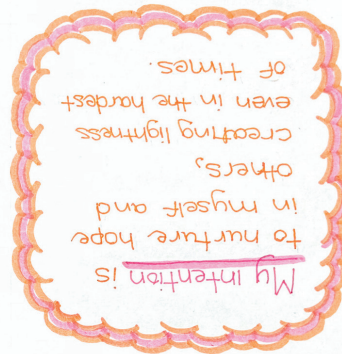
Page 5



Page 4



Page 3



Page 2



### Who Will This Help?

- My Teacher 🍎
- My Team 💚
- My Neighbors 🏠
- Myself! 😊 reminding me that kindness brings HOPE!

Page 6



Page 7



Back Cover  
Page 8



Front Cover  
Page 1



Cut & Folded Final