



## Intention-Setting Worksheet | Create a Sankalpa

**What's a sankalpa?** You might think of it as a resolution, wrapped in your best intentions, written by your highest self. In Sanskrit, sankalpa translates to “will, purpose, or determination.” While a resolution might focus only on the outcome (and often can skew negative), a sankalpa explores the larger purpose behind your goal, celebrates the journey more than attainment of the result, and balances effort and surrender.

**Start where you are.** *In the box below, write any resolutions, next-year aims, or even exasperated proclamations (“I’m done with XYZ!”) that you might have brought with you today. If you don’t have any, that’s a-OK. Let this box be blank.*

**Reflect.** *Bring yourself to a comfortable seat. You can even lie down if you’d like. Close your eyes and let your mind wander back through the last 12 months looking specifically, for the highlights—any experiences, big or small, that made you feel happy, content, grateful, capable, etc. **Write both your positive feelings and the experiences associated with them in this box.***

**Pick up on patterns.** Do you notice any patterns among the highlights that you wrote down? Perhaps they were moments shared with others. Or times when you felt brave, creative, or proud. Actions that made an impact. Seek out similarities among the highlights you wrote down. Note them below. (Important! You do not need to fill out 5, or even 1, of these lines!)

1	
2	
3	
4	
5	

### **Celebrate your superpowers.**

What qualities or attributes do you already possess that will help you align your actions with the intention set?

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### **Create your sankalpa**

Keep in mind, a sankalpa: 1) is decisive and whole-hearted; 2) explores what's behind your goal + the journey more than the attainment of the result; 3) acknowledges that you will make mistakes and assumes that growth is certain. *Examples: I speak with integrity. | I spark joy and connection by tapping into my creativity. | I celebrate health with movement and nourishing foods. | I channel my energy to stay clear and present in my life and relationships. | I love and am loved. | I give and receive.* **Now you try. Draw from your notes above.**

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**Revisit and refine as needed!**