

Intention setting can be a valuable tool to help prepare you for your first ketamine therapy session. An intention is a guiding principle to centre your experience around and provides you with clear and focused objective for the session. An intention can also act as a road-map to provide you guidance if you find yourself venturing into uncomfortable territory. Often intention setting is mistaken with goal setting, however the two are not the same thing. A goal is the desired or expected result while an intention is our purpose. The distinction is an important one as an intention does not carry expectation or evaluation and does not require that you meet every goal. Instead, it aligns our thoughts with our core values and serves as an overall reminder of how you want to live your life. An intention is an aim, purpose, or attitude you would be proud to commit to.

How to Set an Intention

**“what you focus on,
you create more of.**

– Jen Scincero

Our thoughts are powerful, so powerful that they create the world in which we see. Constantly thinking about what you do not have in your life keeps you in a scarcity mindset - a thought cycle of constant lacking and wanting. Therefore, a vital component of intention setting is gratefulness. Focusing on the positive things you already have in your life; increases the positive things you will get in life.

Intentions can be as simple as a word or phrase you wish to align yourself with or can take the form of a question. Clearly stating how you intend to feel today instead of how you wish you already felt, puts the power of change back in your own, very capable hands. It is important to keep questions specific and focused on what you want instead of what you do not want. Ultimately, intention setting is a practice to be exercised regularly in order to help keep you on your path and support you on your overall wellness journey.

Intention Setting Journal

Start Living with Purpose

1 What am I grateful for today?

2 What is no longer serving me?

3 What is a word or mantra that resonates with me today?

4 What do I want to get out of my first session with Field Trip?

5 When do I feel like my most authentic self?

6 What do I want to feel more of in my daily life?

Intention Setting Affirmations

“I intend to see the goodness around me”

“I intend to face challenges that may arise today with a strong mind”

“I intend to embrace my authentic self”

“I intend to forgive myself and others gracefully”

“I intend to be grateful for all the things I have”

“I intend to be more mindful in my daily life”

“I intend to live today in the present moment”