

Aspiration Into Action Worksheet - January 5, 2019

Three principles: **A-I-R**

- **Aspire deeply:** connect to the deepest level of inner motivation/intention/meaning and inspiration of one's heart and mind.
- **Include whatever appears as part of the path -** with kindness and discernment, include obstacles, difficulties, successes.
- **Redefine effort:** energy, steadfastness, "begin again," connected to intention/aspiration, rather than will power or striving.

Motivation/Intention/Aspiration

Become aware of your deepest motivation/intention/aspiration: how do you truly want to be as a human being in the community of life. Connect to and from the heart; consciously make this feeling and intention/aspiration bigger, brighter.

Bridge intention/aspiration to expression

Keeping connected to your core intention/aspiration, what are one or more expressions of it that you would like to be doing/being in your life (such as at home, work, relationships, spiritual life, physical health, etc)

For today, pick one particular expression of your aspiration that you want to work with during the next month or so. What actions of body, speech or mind would be aligned with truly living that expression.

Obstacles - part of the path

What is an inner obstacle to accomplishing that chosen action - something that you would like to let go of or change?

Supports - to be cultivated

What is an important inner quality that will support you in accomplishing that chosen action?

How might you redefine effort to be a source of strength, support, authentic energy: jot down words, images, sensations

First step...next step: What is the very first step you could take in accomplishing that chosen action for the next month?

--Remember to reconnect each step to your initial aspiration, step after step--

Daily reminders/ritual

Possible elements to support a moment of connection with one's deepest intention/aspiration: Light a candle. "May I..." Recite inspiring words in the form of prayer, poems, songs. Invoke the elements of nature for help (the four directions, earth-water-fire-air-space). Use an object from nature or art as reminder. Call upon helping energies for support such as in prayer, supplication, dialogue.