

# Going Beyond Resolutions

with Hillary Schoninger, LCSW

sankalpa - Sankalpa is a Sanskrit term in yogic philosophy that refers to an intention-based practice similar to the English concept of a resolution, except that it comes from even deeper within and tends to be an affirmation. You hold this intention for 6-12 months at a time.

 My intention is: \_\_\_\_\_  
\_\_\_\_\_

Examples include:

My intention is love.

My intention is abundance.

My intention is to stay consistent.

Create a mantra around your intention that you can use in daily practice. When in doubt, come back to this mantra to help hold on to your intention. Write it down. Meditate on it. Say it out loud.

 \_\_\_\_\_

Examples include:

I am love.

Abundance is here.

Consistency serves me.



An image that symbolizes my sankulpa.

