

Grounding in Core Intention

Purpose

To clarify and affirm one's core intention before a meeting you believe will be personally challenging

When to Use

Before the meeting and upon arrival

Description

1. Find a quiet place to stand – preferably a place where you feel connected with the sky and ground.
2. Stand with knees slightly bent, legs shoulder width apart, and both hands resting on the belly just above the navel.
3. Take a moment to notice the soles of the feet coming into contact with the ground. This is the solid ground of intention.
4. Reflect on these four questions:
 - What am I here to contribute in the world?
 - Who am I here to serve today?
 - What is the purpose I am here to help them achieve?
 - What principles and beliefs will enable me to lead with integrity and in the spirit of service?