

the* dose

Guide for setting intention

Setting intentions is like finding the coordinates on a map. Before being able to do so, you must understand where you want to go. This destination is your motivation. Therefore setting intentions starts by understanding your motivation.

What motivates you to start microdosing?

Notice how you describe your motivation. Is it away-from motivated or towards motivated? Are you expressing what you don't want - or what you want you want to stop doing? Try to let your motivation be about what you want - not what you don't want.

Why is it important that you arrive at this destination in your life?

Setting intention

Now you know where you are going, and how it will feel and be to arrive at your destination of motivation. Setting intention is figuring out how you are going to get there.

To set your intention you must ask yourself these following questions. Again, by as specific as possible:

When will you start your journey?

What is the first thing you need to do?

What small action do you need to do everyday to move forward?

When will you do this action during the day?

How will you be able to tell that you have completed this action?

How will other people around you be able to tell that you are doing this action everyday?

What consequences will follow when you start moving towards where you want to be?

It is important to think of the consequences; positive or negative. Both for yourself and for others. This way you make sure that where you want to go, and how you want to go there is in alignment with the life you live. If you see any misalignments or negative impacts, reflect whether this consequence is okay. If not, revisit the previous questions with the gained insight on how you need to account for consequences you create.

- What positive consequences will this have for me?
- What negative consequences will this have for me?
- What positive consequences will this have for others?
- What negative consequences will this have for others?

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