

## 1 SETTING YOUR INTENTION



An intention is different from a goal. It could be a quality to cultivate, a state of mind you want to foster, or a personal question to explore. It's not a demand for a specific outcome, but a gentle direction for your experience.

*«What parts of me feel like they need healing? What areas of my life could use some clarity or growth? What do I want to leave behind? How might I say this in one sentence?»*

## 2 EMOTIONAL INVENTORY



Take stock of what emotions are alive in you. Don't try to fix anything; just acknowledge them. Unacknowledged emotions can linger and get amplified during a session.

*«What emotions have I been avoiding or suppressing lately? What feels unresolved?» In what part of my body do I feel them?*

## 3 EXPECTATION VS. INTENTION



Expectations create resistance; intentions create direction. Identify where your expectations are feeling tight and replace them with lightness and open-ended intentions.

*«What am I hoping will happen? How might I hold that hope more loosely, without attachment to a specific outcome?»*

## 4 PERSONAL REFLECTION



Explore your relationship to the experience: your fears, readiness, history, and why now.

*«What am I afraid might come up? Am I prepared to meet myself honestly?»*

## 5 SUPPORT NETWORK PLANNING



Identify who will support you during and after. Connection is essential to integration.

*«Who knows about this experience? Who can I call if I need grounding? Do I have a therapist for integration?»*

## 6 LETTER TO YOUR FUTURE SELF



Write a letter to read after the experience. Include your current state of mind and what you want to remember.

*Dear future self — right now I feel \_\_\_\_\_. I hope you found \_\_\_\_\_. Please remember \_\_\_\_\_.»*

## 7 CORE VALUES CLARIFICATION



Psychedelic experiences often illuminate the gap between how we live and what we value.

*«My top 5 values are \_\_\_\_\_. Where am I most aligned — or misaligned — with these?»*