

#27



Everyday Aspiration

Applying Aspiration into small, everyday moments can empower you to celebrate your strengths, live with intention, cultivate self-compassion, and continue moving toward the future you want.



Each Saprea Support Group meeting begins with 'Group Leader A' reading the script while participants follow along. The script will be the same for every group meeting. **To find the script, visit supportgroups.saprea.org.** Below are the additional meeting materials for this course.



To watch the intro video for this lesson, scan the QR code or go to <https://vimeo.com/showcase/10293739>.

Group Activity

SETTING INTENTIONS

A key part of Aspiration is recognizing that things won't stay the same forever. This is where setting intentions comes in. Setting intentions starts with looking ahead and seeing new potential—seeing a future that is different from the way it's "always" been or the way it will "always" be. It's about considering what you want and setting the intention to move towards a future shaped by those wants.

And yet, it can sometimes be difficult to step back and consider what you want for the future, especially if you've committed much of your energy to managing the effects of past experiences. One way to help you identify what a hopeful future looks like to you is considering these questions:

- When am I the happiest?
- How would I like to stretch myself?
- What emotion would I like to drive my day?
- What would I like to bring to the world?

Along with these questions, here are a couple of activities that can help guide you toward some ideas.

ACTIVITY STEPS

OPTION 1—THE PERFECT "NORMAL" DAY

- 01 Imagine a typical, average day in your life when everything goes right. This doesn't mean a day when you win the lottery or go on vacation. Rather, it's a day that includes your normal routine, but still becomes memorable as one of the best days you've had.

- 02** Picture what happens during this day, starting with when you wake up to when you go to bed.
- Where do you go?
 - What do you do?
 - How do you interact with others?
 - Who do you spend your time with?
 - What experiences do you have?
 - What details make it a good day?
- 03** As you think about these questions, write down a description of your day. When you finish your description, reflect back on your ideal “normal” day. What insights does it give you about what matters most to you? What everyday things bring you the most joy?
- 04** Write down a list of at least three things you learned. Keep that list someplace where you can refer to it as a reminder.

OPTION 2—REFLECT ON VIDEO QUESTIONS

- 01** If you are someone who values setting goals (which we define as measurable steps you can take to live with intention) reflect on the following questions from the video:
- What goals do I have for today?
 - Are these goals realistic for the time I have and where I’m at?
 - What are my long-term goals? In what timeframe do I hope to accomplish them?
 - What would I need to put into place to achieve these goals?
 - How might my strengths help me achieve my short-term and long-term goals?
 - How can I keep myself motivated?
 - How can I be flexible with myself?
- 02** Write down your answers to help you create a plan of how you’d like to turn an intention into a behavior—one that will bring you closer to the future you want.

OPTION 3—REVISIT YOUR ASPIRATION BOARD

- 01** If you created an Aspiration board during Group Meeting 21, you might consider revisiting it later to brainstorm an intention you’d like to set.
- 02** Write down any intention(s) you think of and post them someplace you can see them.
- 03** You may also decide to add more images, words, or other visual elements onto your Aspiration board that depict your new intention(s).

Grounding Exercise

POSITIVE AFFIRMATIONS

Positive affirmations are sentences you say to yourself to remind you of your value, how far you've come, and how capable you are of continuing your healing journey. They can serve as an anchor to this moment, as well as a tool to nurturing self-compassion.

So let's begin.

Activity Steps

- 01** Select an affirmation from this list or choose one of your own.
 - I am enough.
 - I am learning to love myself.
 - I choose happiness.
 - I am moving forward on my healing journey one choice at a time.
 - I have strength and power to take whatever comes my way.
 - I can do challenging things.
 - I am grateful for this day and the many possibilities it affords.
 - I deserve compassion, kindness, and understanding.
- 02** Repeat the affirmation in your mind as you inhale and exhale, envisioning the words as your anchor to the present.
- 03** As your mind wanders, gently redirect it back to the affirmation, noting your attention with patience and curiosity.
- 04** Continue this exercise for 1–2 minutes. As you do so, you might choose a new affirmation to focus on or stick with the same one—whatever works best for you.
- 05** When you are finished, allow yourself a few paced breaths, imagining feelings of warmth and compassion flowing through you.

ADDITIONAL RESOURCES:

If you are interested in learning more, we invite you to explore the following articles in the Online Healing Resources section of our website at saprea.org.

- **ASPIRATION AND ITS ROLE IN HEALING FROM CHILD SEXUAL ABUSE**
- **DEVELOPING ASPIRATIONAL THINKING**
- **CREATING INTENTIONAL BEHAVIOR**

NEXT TOPIC:

#1



TRAUMA'S IMPACT ON THE BRAIN AND BODY

Learning how trauma impacts the brain and body can be a validating first step toward understanding your lived experiences as a survivor.