



Intention Jars

A Practice in Self-Led Authorship & Agency

An intention jar isn't about asking the universe to change your life for you. It is a symbolic reminder of the person you are becoming and the choices you'll make to support that intention.

Create something meaningful to you.

1 BEGIN WITH YOURSELF

Take a few quiet moments.
Ask yourself:

- ✦ What do I truly want to cultivate?
- ✦ What do I need more of?
- ✦ What values do I want to embody?



2 WRITE YOUR INTENTION

Use present-tense, empowering language.

- ✓ I am...
- ✓ I create...
- ✓ I choose...
- ✓ I have...

Instead of:

- ✗ I hope...
- ✗ I wish...
- ✗ Someday...

Write as though you're already becoming the person you wish to be.



3 CLEANSE YOUR CONTAINER

Choose a method that feels meaningful.

- ☙ Smoke
- 🔔 Sound
- ☙ Breath
- 🌙 Moonlight
- ✦ Visualization



4 CHOOSE SYMBOLS THAT RESONATE

There are no perfect ingredients. Trust yourself.

HERBS

- 🌹 Rose Petals — Self-love
- 🌸 Lavender — Peace
- 🌿 Cinnamon — Abundance
- 🌿 Thyme — Courage
- 🌿 Rosemary — Mental clarity
- 🌿 Peppermint — Purification
- 🌿 Marjoram — Emotional healing

CRYSTALS

- 💎 Rose Quartz — Compassion & self-love
- 💎 Amethyst — Peace & calm
- 💎 Citrine — Prosperity & success
- 💎 Tiger's Eye — Confidence & courage
- 💎 Hematite — Grounding & stability
- 💎 Smoky Quartz — Neutralizing heavy energy
- 💎 Rhodochrosite — Emotional balance

5 CHOOSE A CANDLE COLOR

(A condensed reference)

- White — Purification • Protection
- Red — Passion • Courage
- Orange — Creativity • Success
- Yellow — Confidence • Learning
- Green — Prosperity • Growth
- Blue — Healing • Communication
- Purple — Intuition • Spirituality
- Pink — Love • Compassion
- Black — Protection • Shadow Work
- Brown — Grounding • Stability
- Grey — Neutrality • Reflection
- Gold — Success • Vitality
- Silver — Dreams • Intuition

6 ASSEMBLE WITH INTENTION

As you add each ingredient, reflect on why you chose it.
Your meaning matters more than tradition.
This is an opportunity to strengthen your relationship with your own inner wisdom.



REMEMBER...

- ✦ You are creating a tangible anchor.
- ✦ A reminder of your intentions.
- ✦ A symbol of your values.
- ✦ Motivation for future action.



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Trust yourself enough to discover your own way.

Self-authorship means your intuition—
not someone else's rules—becomes your greatest guide.

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