



Build Your Sankalpa

Sanskrit: “**San**” *Promise/Vow* “**Kalpa**” *The highest good/order*

A **sankalpa** is a personal statement you write about who you are and what your life’s purpose is. It is a vow or promise to yourself and a powerful tool in raising you emotional vibration and helping you move with clarity towards your goals.

You can read this article for more information on sankalpa:

<https://yogainternational.com/article/view/how-to-create-a-sankalpa>

Your final statement will include two parts so it can powerfully ground you and move you forward.

Part 1: Stated in present tense, 1-3 innate positive qualities about yourself that are most meaningful to what you are looking to awaken or call into your life

Examples: I am beautiful, powerful and intelligent

I am a radiant, strong, compassionate woman

I am a healing artist, filled with grace and knowing

How to build it: Start by brainstorming (and writing down) 50 -100 positive qualities you possess as well as positive qualities that you might need to “stretch” into. Think about what qualities you were expressing during some of your favorite memories or moments of high achievement. Feel free to ask friends and family for help with this! Circle the ones that really resonate with your heart.

Part 2: a verb/action/way to move those qualities from you out into the world

Examples: Knowing and loving myself and others

Spreading love and creativity for the world to dance with

Connecting with and sharing my love of nature



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EMBODY, EMPOWER, EVOLVE

How to build it: Play with verbs and adjectives – consider *how* you want to bring your unique qualities into the world. You may use some of the words from the first list. You may change the tense of a word from your list or come up with new words.

Put them together:

Full statement: I am beautiful, powerful, and intelligent, knowing and loving myself and others.

Your sankalpa can be straightforward or poetic – but you should feel deep resonance and excitement within you as you say it –for it is a true recognition of who you are and why you are in this world.

In addition, (and this is why you want to take your time to build it) it should be more powerful than your worst thoughts and habits. Maybe when you say it, you instantly stop reaching for the cookies, lamenting over Facebook or shutting down in your room. Instead you make a positive choice for yourself like going outside, doing a quick yoga practice, or gain clarity around a big decision. It should be clear and strong enough that it offers instant alignment with your highest truth and helps you know with certainty the best action to take.

Let me know what your sankalpa is when you finalize/ let me know if you are stuck... sometimes the littlest tweaks make all the difference

Email ErinLoPorto@gmail.com

Once you have your sankalpa checked by me - say it everyday!!! For the first 30 days – try to say it 108 times and day. (Extra points for saying it out loud or in a mirror!) Watch how quickly the universe helps to move out all the things that are not serving your highest stated purpose!