



Daily Intention Worksheet

Objectives: Begin each day with focused intention and manage your daily destiny.

Today's Date: _____

Awareness

Right now, I feel (fill in four completions):

1. _____
2. _____
3. _____
4. _____

Completions can either be physical sensation (such as warm, cold, energized, or tired) to emotions. Emotions include (but are not limited to): Sad, happy, angry, grateful, loving, loved, content, anxious, anticipatory, serene, contemplative, rushed, centered, inspired, motivated, tired, energized, vulnerable, and lonely.

I am grateful for (list four):

1. _____
2. _____
3. _____
4. _____

Take a moment to feel the gratitude.

Attention and Intention

I will accomplish today (List one goal.): _____

As I accomplish it, I will remember to come from love.

I will also remember my overall intention is to connect to self, others, higher power and to contribute.

Take a moment to let this sink in.

Awareness

I now feel (fill in four completions):

1. _____

2. _____

3. _____

4. _____

Did you experience a shift?

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