

# Morning Intention Setting



Date: \_\_\_\_\_

## Daily Intention Practice

**Morning check-in:** How do I feel as I begin my day? (body sensations, emotions, thoughts)

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**Consider today:** What matters most today? What challenges might I face?

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**Quality of being:** What quality would best serve me and others today? (patience, courage, focus, compassion, etc.)

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**My intention:** Create a clear, positive statement of how you intend to meet your day.

Today, I intend to:

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**Anchors:** What will remind you of your intention throughout the day?

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**Evening reflection:** At the end of the day, how did your intention influence your experience?

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