

What is My Intention for Today

DAILY WORKSHEET

It makes you want to jump out of bed!

Your Daily Intention is a simple yet powerful phrase that connects deeply to . . . "My One Life Mantra". It drives motivation towards those important goals that you have set for yourself. A tone setter for your day. So make it strong, grounding, focused and lighthearted.

TIP #1: Your daily intention could even simply be your "My One Life Mantra" some days. How powerful is that?

TIP #2: This and your Positive Affirmation could influence one another.

TIP #3: Some other useful prompts on your daily worksheet that can help you create your intention, is your daily word and quote.

Some of My Favorite Daily Intentions

Play it out strong

Go get'em

Just do it

Ain't no better time than now

Show others their greatness

Anything is possible

Live in the moment

Say yes

Stay focused on what is important

Listen to my heart

Give myself space to explore

Practise self-kindness

Live in the world of action

Be with the difficult

Practise just being

Opportunities are abundant

COURAGE to Change

The Mindful Goal Setting Journal



Notes

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