GUIDING INTENTION *Worksheet*

pause

A guiding intention is a word or short phrase for how you'd like to meet the day. Keep the same intention for as long as it feels helpful, or choose one for today.

Pause and ask:

How do I want to show up?

If you're unsure, think of something you're facing and a quality that could support you, such as kindness, courage, or patience.

Examples

A short phrase or a single word that is meaningful for you.

Something you return to:

Ex 1: Relax and make room for joy.

Ex 2: Move through my day as a source of peace and patience in the world.

Ex 3: Patience

Something specific for today:

Ex 1: Be kind to myself at my appointment.

Ex 2: Be fully present when I hug my daughter at school drop-off.

Ex 3: Kindness.

My guiding intention:

_____

_____

Return to it each morning

During your Morning Reflection, reconnect with your intention or choose a new one.