



## Prompts for setting your daily INTENTIONS

Use these prompts as a guideline for setting your *daily intentions*.

The **number** refers to the **date on the calendar**.

If the prompt is **energy** – you can focus your daily intention around that topic.

Example: ***Today, I will plan to monitor the energy I give to myself, my family, and at my job. I need to remember there are only so many energy units per day, and it is OK for me to ration them.***

- |                   |                        |                     |
|-------------------|------------------------|---------------------|
| 1 – Connection    | 14 – Seeking solace    | 27 – Service        |
| 2 – Balance       | 15 – Now and then      | 28 – Sharing        |
| 3 – Playfulness   | 16 – Beauty            | 29 – Morning ritual |
| 4 – Being present | 17 – Nature            | 30 – Inner dialog   |
| 5 – Forgiveness   | 18 – Love              | 31 – Habits         |
| 6 – Doing nothing | 19 – Possibilities     |                     |
| 7 – Change        | 20 – Blessings         |                     |
| 8 – Wishes        | 21 – Create            |                     |
| 9 – Gratitude     | 22 – Anger             |                     |
| 10 – Hunger       | 23 – Color             |                     |
| 11 – Rest         | 24 – Positive memories |                     |
| 12 – Time-out     | 25 – Family            |                     |
| 13 – Cozy         | 26 – Intimacy          |                     |

## Create your own prompts

<b>Date on calendar</b>	<b>Prompt</b>	<b>Date on Calendar</b>	<b>Prompt</b>
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16			