

# Intention and Daily Life



What is one thing you noticed during meditation that you want to pay attention to today?

Did meditation change how you want to approach something already on your schedule?

  
  

What could you do differently today if you remembered the quality of attention you experienced during meditation?

What intention feels realistic for the next few hours, not the rest of your life?

  

If you could carry one sentence from this meditation into your day, what would it say?

  
