

Setting Your Intention



1. How do I want to show up for myself today?



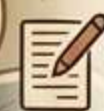
2. What matters most to me today, even if nobody else notices it?



3. What would make today feel meaningful instead of just busy?



4. What quality do I want to bring today, patience, courage, curiosity, honesty?



5. What deserves my attention today, and what doesn't?



6. What's one decision I can make today that future me will thank me for?

