

Morning Intention Setting



Date: _____

Daily Intention Practice

Morning check-in: How do I feel as I begin my day? (body sensations, emotions, thoughts)

Consider today: What matters most today? What challenges might I face?

Quality of being: What quality would best serve me and others today? (patience, courage, focus, compassion, etc.)

My intention: Create a clear, positive statement of how you intend to meet your day.

Today, I intend to:

Anchors: What will remind you of your intention throughout the day?

Evening reflection: At the end of the day, how did your intention influence your experience?

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