

DAILY INTENTIONS

GRATITUDE

Notice how you practice gratitude today. Look around and appreciate your surroundings, be thankful for the people you meet and express appreciation whenever you can.

KINDNESS

Practice compassion and acts of kindness today. Smile at someone, help a person in need, leave a cheerful note for a stranger or someone you know, pay it forward, volunteer...

THOUGHTS & FEELINGS

Be the observer of yourself today. You cannot control your thoughts and feelings but you can become aware of these passing visitors. Notice if you focus more on the positive or negative.

MINDFULNESS

Focus on mindfulness as you go about your day today. Feel the weight of your foot as it lifts and lands on the ground, taste the flavors and feel the textures of your food at meal times, find new small details around you.

CHALLENGES

Take on any obstacles you come across today as opportunities to learn and become more resilient. Develop a mindset that sees challenging people and situations as chances to grow.

THE BREATH & BODY

Throughout the day, focus on your breath and body. Do you take shallow or deep breaths? How does your body feel? Are you feeling anxious, excited, or tired? Notice your breath as it enters and exits your lungs. How does it feel?

SELF-CARE

Take extra care to do things that focus on your self-care today. If you're feeling tired, take a break. If you need fresh air, go for a short walk. Unplug, listen to music, read a book, go to bed early.

THE PAUSE

Practice the pause today. Before you can react to a stressful or challenging situation or person, take a deep breath in and exhale slowly (1-2-3). Create a space of clarity before taking action.

THE PRESENT MOMENT

Be here now. Try your best to be present in your environment today. Focus on being fully engaged in conversations with people. If a thought pops into your head, gently bring yourself back to the now.

