

TODAY'S DATE:

/ /

Daily Intentions

TODAY'S MANTRA: _____

1

How Do I Want to
Be Today

2

How Do I Want to
Feel Today

3

What Do I Want to
Accomplish Today

4

What Am I ***Grateful***
for Today

5

What ***Negative Thoughts***
Will I Let Go of Today

6

What Will I ***Attract*** To
Me Today