

TODAY'S DATE:

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# 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