

MY INTENTIONS

DATE

INTENTIONS MADLIB

I am waking up _____ and starting my day intentionally. I am practicing _____ for _____ minutes before I _____. This is important to me because I want to feel _____ each day. I also want to be/feel _____ with my family and friends, and _____ at work. Most importantly, I am being _____ myself because I deserve to feel good every day.

EXAMPLES

I am waking up **slowly** and starting my day intentionally. I am practicing **meditation** for **20** minutes before I **get out of bed**. This is important to me because I want to feel **energized and joyful** each day. I also want to feel **connected** with my family and friends, and **productive** at work. Most importantly, I am **being kind to** myself because I deserve to feel good every day.

I am waking up **at 5am** and starting my day intentionally. I am practicing **breathing meditation** for **10** minutes before I **make my coffee**. This is important to me because I want to feel **calm and happy** each day. I also want to be **present** with my family and friends, and **creative** at work. Most importantly, I am **appreciating** myself because I deserve to feel good every day.

WRITE YOUR INTENTIONS HERE