



setting intentions

Every morning, before I start my day, I ask myself the following three questions. Use this worksheet to do the same (and it works well for planning your week/month/season ahead as well – simply replace “today” with the appropriate phrase in parentheses).

1. How can I feel healthy today (this week/this month/this season)?

Think about what you can add to your to-do list today to help you feel healthy. This can be as hard-core as “run a half-marathon,” or as simple as “up my water intake today.” Keep in mind this can also include, “have a nap.” Whatever it would take to make you feel like you’re taking care of yourself.



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2. How can I feel connected today (this week/this month/this season)?

Studies show that the happiest people have strong social connections – so how can you reinforce your connections today? This might include meeting a friend for a cup of tea, or celebrating a buddy’s good news. But it can also mean sending an email to someone you haven’t heard from in a while, just to get in touch, or a thank you card for a kindness you received.



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3. How can I feel purposeful today (this week/this month/this season)?

What can you do to give your day a sense of purpose? Again, think broadly: this could be anything from taking that bag of clothes you don't wear anymore to Goodwill, or mentoring a young person, or donating money or time to charity that you love.