



# The Wellness Program

## Month 3

### January : Setting Daily Intentions

Start your day by setting an intention that will help you take control and determine how you want your day to be.

**Coach NB invites you to send in a picture of your daily intention or post a video of yourself engaging in an activity that aims to fulfill your daily intention!**

A common narrative nowadays is how busy, stress-filled, and hectic our lives seem to be. You may think, "I barely have time to grab a cup of coffee, so there's no way I have time to set a daily intention each morning!" However, setting aside a few minutes in the morning can actually help maximize your time by allowing you to take control and determine how your day is going to be.

Setting an intention lays the foundation for what you'd like to have, feel, and experience throughout your day rather than being a passive participant going through the motions. This is particularly true if your daily intention is aligned with your values. Additionally, regular statements of intention also allow you to change course or make adjustments throughout your day, if needed.

There is no one way to set daily intentions, but here are a few daily intention options that you may want to consider.

#### **Option 1: Intentions based on reflective questions.**

During your designated daily intention setting time, you may want to contemplate any of the following reflection questions. Then, formulate an intention based on your answers.

1. What kind of person do you want to be today?
2. What do you need to commit to in order to live a meaningful life?
3. What do you need to focus on to achieve your goals?

**Option 2: Intentions geared toward one area of life.**

You may want to align your daily intention with one of your needs, and therefore can set an intention based in one of the following four categories.

<p>Achievement</p> <hr/> <p>What is one thing I will do today that will bring me a feeling of achievement?</p>	<p>Connection</p> <hr/> <p>What is one thing I will do today that will help me feel more connected?</p>	<p>Growth</p> <hr/> <p>What is one thing I will do today that will challenge me or give me a sense of growth, learning, or progress?</p>	<p>Wellness</p> <hr/> <p>What is one thing I will do today that will prioritize my sense of physical, mental, or social wellness?</p>
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**Option 3: Intentions rooted in a simple standard phrase.**

You may be someone who likes both structure and flexibility. If that is the case, then setting your daily intention based on a simple standard phrase might work best. The key here is to have a standard root, but an open ending that you can complete based on how you are feeling that morning. A common daily intention phrase would be:

Today, I commit myself to:

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No matter which option you choose, At the end of the day, reflect on whether you upheld your intention. If not, write down a few ways you could improve tomorrow.