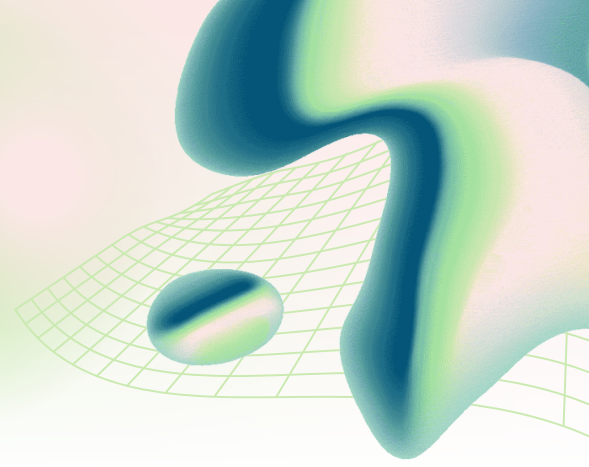


# MORNING CLARITY

Set your daily intentions.



Welcome to your daily intention-setting space. Use this template to align your energy and focus with the possibilities of each new day.

## Today's Focus

What is the *one* thing you want to accomplish today that will make the biggest impact?

## Intentions

Write down three intentions for the day. These should be specific, measurable, achievable, relevant, and time-bound (SMART).

**Intention 1:**

**Intention 2:**

**Intention 3:**

## Gratitude

List three things you are grateful for. Focusing on gratitude can shift your mindset and increase positive energy.

**Gratitude 1:**

**Gratitude 2:**

**Gratitude 3:**

## Affirmation

Write down a positive affirmation that resonates with you. Repeat this throughout the day to reinforce a positive mindset.

**Affirmation:**

## Notes

Use this space for any additional thoughts, reminders, or reflections.

By taking a few moments each morning to set your intentions, practice gratitude, and affirm your values, you can cultivate a more focused and fulfilling day.

