🌸 Daily Intention Planner 🌸

Date: _____

1. 🧘‍♀️ Morning Intention

Today, I want to feel:
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_____

Why this feeling matters today:
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_____

2. ✍️ Top 3 Priorities (Non-Negotiables)

(Focus on small, meaningful tasks)

3. 💧 Self-Care Commitments

(Small actions to nurture myself today)

- Drink enough water
- Move my body mindfully (walk, stretch, dance, etc.)
- Rest or pause when needed
- Connect with nature or quiet
- Practice gratitude (name 3 things)

Other personal care today:
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_____

4. 🌿 Emotional Check-In

What emotions are present right now?
(no judgment, just awareness)

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5. ✨ Affirmation of the Day

(Write your own or use a favorite)

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Examples:

- “I honor my needs today.”
- “I am allowed to take up space.”
- “I am strong, even in softness.”

6. 🌙 Evening Reflection

How did my intention shape my day?

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Something I’m grateful for today:

→ _____