

Working with intentions

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What is it that really matters to you today?

What challenges or obstacle's might you encounter today and how do you wish to meet them and work with them today?

How do you choose to rise to the occasion of those challenges?

Who do you choose to be today –
what are the values that you hold dear
and how would like to express these as you move through this day?

What are you most grateful for in your life? (name one or two things)