

# Gentle Intentions

## 10 Prompts for Intentions

Keep nearby for daily use

Use these prompts to set a gentle focus for your day. Let your answers be short and honest.

**Choose one prompt, write a sentence, and carry it with you.**

1. What quality do I want to bring into today? (e.g., kindness, patience, curiosity)
2. If I feel stressed, how can I respond gently in the next moment?
3. What is one small action I can take to care for myself today?
4. Where in my day can I add a mindful pause (one deep breath)?
5. How can I speak to myself with kindness when things feel hard?
6. Which relationship could benefit from my extra attention or listening?
7. What would make work feel calmer or clearer today?
8. What could I let go of to make space for what matters?
9. What am I grateful for right now?
10. If [trigger], then I will [gentle action]