

MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: Get Hopeful Week 10: Set An Intention



“Our intention creates our reality” ~ Wayne Dyer, Author



How does making an INTENTION help us achieve what we set out to do?



THE DAILY ~ On index cards, write down an INTENTION you would like to make happen each week. Maybe you have an INTENTION to help others, connect, be understanding, be optimistic, or be more appreciative. Post your INTENTION in a place where it will remind you of what you are trying to achieve. Then at the end of the week, reflect on how it went working on your INTENTION.



www.uticak12.org/UCS_Wellness

