

# Journal Prompts for Intentional Living

**SETTING INTENTION**--By setting intention, you ask yourself how you'd like to feel in your "Three Treasures." The Chinese call your heart, mind and body your "Three Treasures." When you balance your Treasures you cultivate happiness from within. Sign up for this--by answering the following questions.

## Intention

- 1) How do I want to feel in my heart? What will bring me fulfillment and self satisfaction?
- 2) How do I want to feel in my mind? Clear? Like I am shifting my mindset to helpful thoughts? Non-reactive?
- 3) How do I want to feel in my body? Healthy, active, lively, invigorated, rested, healing?

## Attention

What will I DO to feel the way I want to?

- 1) For my heart, my fulfillment center? What will bring me joy, happiness, contentment, peace for today? Even for a few moments?
- 2) For my mind? If I want to shift my mindset, then I will catch myself when I am not in the moment by taking deep breaths.
- 3) For my body? If I want to feel healthy and active--then what will I eat, and how will I move? If I want to feel rested, when can I get a nap?

## Three good things

Identify three things you are grateful for at this very moment. Simple things like your morning coffee or bigger things like your family or getting a vaccine booster. This is part of a healthy mindset that brings more happiness to daily life--focusing on what you are grateful for.

- 1)
- 2)
- 3)

## JUST FOR FUN

Can you do something today that makes you feel so great--just for fun.

*(I am known to buy little toys that "feed" my inner child.)*