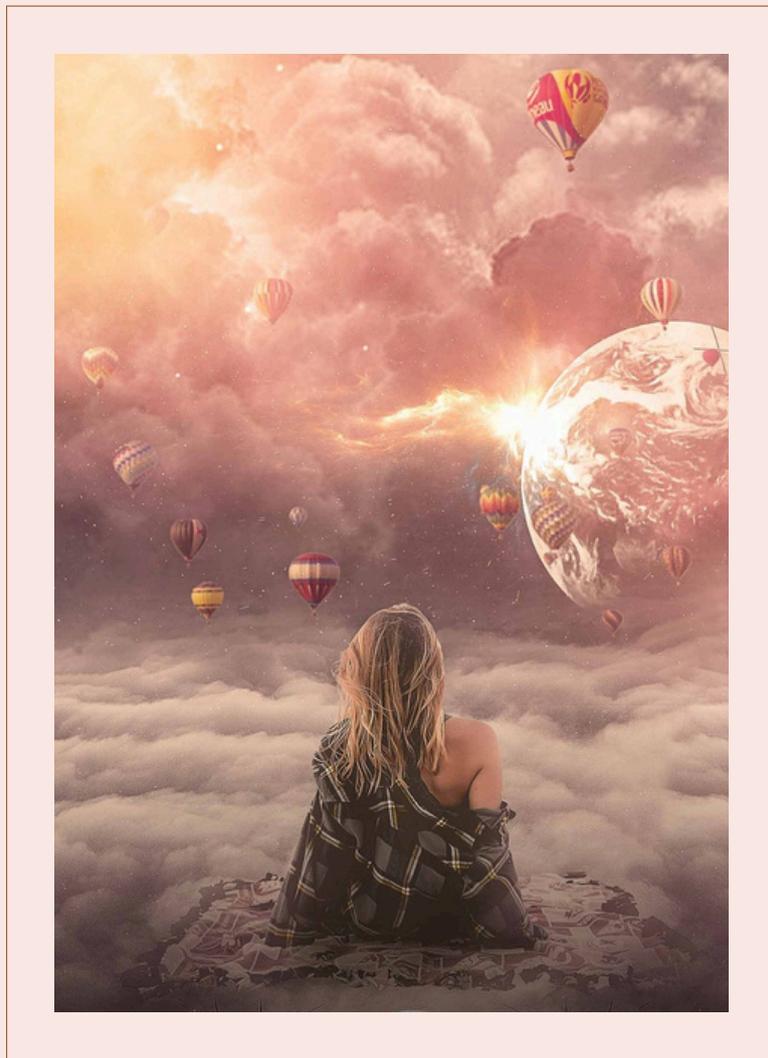


DAILY INTENTIONS

WORKBOOK



DI MILNE COACHING

ABOUT THE PROCESS

It's amazing the impact of spending a couple of minutes jotting down your intentions for the day as part of your 'wake up' routine.

When we set an intention it programmes our minds as to how we want to approach the day or a specific event.

Writing your daily intentions is a commitment to yourself in such a gentle way that once written you don't have to think about them, which is so different to a 'to do list'.

AN EXAMPLE

MY INTENTIONS FOR TODAY:

- To enjoy the flow of the day
- I'll embrace the extra time with my son on our commute
- I'll be productive on my business (minimum 2hr focus) and get out for a walk with the dog when the weather allows
- I will give my mind space with no phone scrolling before 9am or after 9pm

By setting this intention, the difference I felt compared to previous commute days was significant and I was productive in my business without having to make an effort or it feeling like a 'chore'.

All due to the state of mind in which I approached it, purely from spending a couple of minutes that morning writing my intentions.

DAILY INTENTIONS

THE PROCESS

STEP

STEP ONE

1

Thinking about the day ahead, pick an event and/or action and focus on how you would like to feel and/or approach it. Is there something you want to change or approach in a different way? If so, write down how you would like to approach it.

STEP

2

Read through your intentions a couple of times.

The writing and reading helps 'programme' your mind

STEP TWO

STEP

3

That's it...the whole process should only take about 5 mins.

You'll be amazed how those intentions show during your day without giving them another thought.

STEP THREE

Di Milne
Coaching



Hi, I'm a trained ICF Life Coach and NLP Master Practitioner.
My approach to coaching is rooted in authenticity, empathy and
creativity. I value open communication and believe in building strong
partnerships with my clients. By fostering a safe space, I encourage
exploration and self-discovery.

Di

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