



Choices: Thirty Intentions

1. I will be patient with myself today.
2. I will welcome challenges as opportunities today.
3. Today, I will make myself aware of my emotions.
4. I will reach out to someone who needs help today.
5. I will share one of my gifts today with family or friends.
6. Today, I will try to speak from love, not fear.
7. I will not say hurtful things about another person today.
8. To understand others better, I will consciously connect heart and mind.
9. I will forgive today.
10. I will persevere after my goals today.
11. I will be flexible today.
12. I will smile at someone today for no particular reason.
13. I will spend time in Nature today.
14. I will be compassionate toward someone today.
15. I will pay attention to the moments of my day.
16. I will eat healthful food today.
17. I will exercise today.
18. I will simply observe my emotions when I feel irritated today.
19. I will be patient with other people today.
20. I will discover one important thing about myself today.
21. Today, I will see if there is something I need to change about myself.
22. I will not complain today.
23. I will not judge anyone today—not even myself.
24. I will practice peace to the best of my ability today.
25. I will thank three people today.
26. I will appreciate the gift that this day is from morning until night.
27. Today, I will do something for someone else that I don't have to do.
28. I will listen today.
29. I will be conscious; I will not sleepwalk through this day.
30. I will find ways to stretch my inner courage today.



Meditation: A Sample of the Program from Streetwise Spirituality

Invitation

- Rub your palms together briskly for a few seconds.
- Then, rest your hands, palms up, in your lap or on your thighs.
- Make a circle with thumb and forefinger with the remaining fingers relaxed.
- Sit quietly for a few moments, eyes closed.
- With eyes still closed, raise them to focus on an imaginary small dot in the middle of your forehead.

Maintain that focus throughout the meditation. Hold a receptive attitude.

This Day's Intention

- When you are ready to shift into making your intention, think to yourself:
(Intention)
- Repeat that thought:
(Intention)

Releasing and Relaxing

- After a few moments, release your intention and rest in peace-ful, receptive inner connection for a few minutes. Release any thoughts that come up and return to your meditation.

Return

- When you are ready, take a couple of deep breaths, open your eyes, and bring yourself to full consciousness of where you are.

Start the Day

- With eyes open, say aloud:
(Intention)