
A THREE-MINUTE BEGINNING

A little intention. A real next step.

Make room for possibility. Give it a place in your day.



01 Arrive / 30 seconds

Feel your feet. Notice three ordinary things. Take one comfortable breath.

02 Choose a quality / 45 seconds

Choose how you want to meet today: steady, curious, warm or courageous.

03 Picture one ordinary moment / 45 seconds

See one everyday moment where that quality could become a choice.

04 Give it an action / 60 seconds

Write one small action. Choose when and where. Make it small enough to begin.

A reflection, not a promise. Choose what is useful. Your actions matter; outcomes are not guaranteed.

TAKE IT INTO YOUR DAY

Your first small step.

FROM A WISH TO A CHOICE

Wish: I want more confidence.

Intention: I practise steady communication.

Action: Before my 10 am meeting, I will prepare and ask one question.

Today I want to practise this quality:

One action I can take, including when and where:

If today gets difficult, the smaller version is:

Tonight: What did I try? What will I adjust?

COME BACK TOMORROW

Ask: What matters today, and what is one choice I can make?

A missed day does not erase your progress. Start again with one useful step.

This free starter stands alone. The full Morning Intention Kit is a separate, more detailed guided workbook.