

Today's Qualities – Intention & Action

What qualities do I want this day to hold for me?

What's one thing I can do to influence my day towards that?

Acceptance	Creativity	Kindness	Resilience
Acknowledgement	Curiosity	Love	Resolution
Adventure	Delight	Mindfulness	Resolve
Agility	Ease	Movement	Ritual
Alignment	Enjoyment	Noticing	Safety
Amnesty	Experimentation	Nourishing Food	Self-Care
Attention	Explore	Observing	Shift
Awareness	Flexibility	Order	Soothing
Balance	Flow	Patience	Sovereignty
Calmness	Forgiveness	Peace	Spaciousness
Care	Friendship	Permission	Stability
Change	Grace	Play	Strength
Choice	Groundedness	Playfulness	Structure
Clarity	Happiness	Possibility	Support
Comfort	Harmony	Power	Transformation
Communication	Healing	Protection	Transition
Compassion	Hope	Quiet	Trust
Confidence	Independence	Refreshing Sleep	Validation
Congruence	Inquisitiveness	Relaxation	Wonder
Connection	Intention	Release	
Contentment	Investigation	Rememberance	
Courage	Joy	Renewal	