

Daily intention setting guide for teens



What is a daily intention? A daily intention is a simple statement about how you'd like to act, think or present yourself throughout the day. It's not about achieving a goal or completing a task but choosing a mindset on purpose. A daily intention helps you focus on what matters to you, whether that's being patient, staying confident, trying your best or taking care of your mental health. This can reduce stress, boost your mood and help you feel more in control. Even on tough days, a daily intention can remind you of the kind of person you want to be and help you reconnect with your values.

Use the six steps below to get started!

Step 1: Take a minute to pause.

Before you start your day, stop for 30–60 seconds. Take a couple of slow breaths to clear your head.

Step 2: Check in with yourself.

Ask yourself:

- *How am I feeling today?*
- *What kind of person do I want to be today?*

Your intention should support your emotional needs, not ignore them.

Step 3: Choose one focus for the day.

Pick one simple idea you want to carry with you, something you can follow and achieve.

Examples:

- "Stay calm when things get stressful."
- "Speak kindly to myself."
- "Ask for help when I need it."
- "Stay focused during class."
- "Take breaks when I start feeling overwhelmed."

Step 4: Keep it short and positive.

Phrase your intention like this: "Today I will..."

Keep it realistic, positive and doable.

Step 5: Say it, write it or save it.

Choose a way to remember it:

- Say it out loud.
- Write it in your notes app.
- Put it on a sticky note.
- Set it as your phone lock screen.

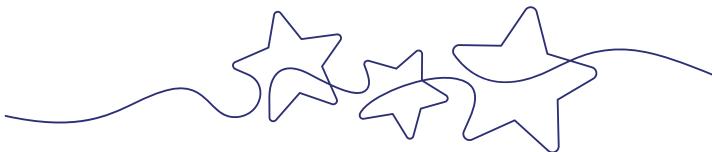
Step 6: Check in later.

At the end of the day, ask:

- *Did I try to follow my intention?*
- *What helped? What got in the way?*

Don't judge yourself. Intentions are about learning, not perfection.

Don't know where to start?



Here are some examples of daily intentions to help get you started:

1. Today I will speak kindly to myself, even when I make mistakes.
2. Today I will stay present instead of worrying about what might happen.
3. Today I will take a breath before I react when I feel stressed.
4. Today I will try to focus on one thing at a time.
5. Today I will show myself patience when things feel difficult.
6. Today I will ask for help if I need it.
7. Today I will make time for something that brings me joy.
8. Today I will treat others with respect, even if I'm having a hard day.
9. Today I will take breaks when I start to feel overwhelmed.
10. Today I will do one small thing that moves me toward the person I want to be.

Intention tracker

Use this calendar to write down and keep track of your daily intentions.

Optional: Rate your mood on a scale of 1-10 at the beginning and end of the day.

(Mood Scale Guide: 1= low mood/sad/struggling. 10= energized/happy/fulfilled.)