

Daily intentions vs. building mastery vs. long-term goal setting



Setting daily intentions, building mastery and creating long-term goals are three different ways to help you grow, stay focused and feel more in control of your life. A daily intention is a simple mindset or attitude you choose for the day. Building mastery is about practicing small skills over time so you feel more confident and capable. Long-term goals are the bigger things you want to achieve in the future. Understanding how these three work together can help you stay motivated, handle stress and make steady progress toward the life you want.

Which wellbeing tool will be most helpful for you right now? Take our quiz to find out!

Read each question and choose the answer that best fits where you're at right now. Use the answer key below to determine whether you should focus on setting daily intentions, building mastery or creating long-term goals.

1. How are you feeling today?

- a. I need a simple mindset or attitude to help me get through the day.
- b. I want to get better at something I struggle with.
- c. I'm thinking a lot about my future or something big I want to achieve.

2. What's the biggest challenge you're facing right now?

- a. Staying focused, calm or positive during the day.
- b. Being consistent with habits or skills.
- c. Knowing what direction I want to go in the long term.

3. What would help you feel more in control?

- a. Setting a small intention for how I want to show up today.
- b. Practicing a skill, so it becomes easier over time.
- c. Having a bigger goal to work toward.

4. How much energy do you have for change right now?

- a. Not a lot (I need something simple and doable today).
- b. A moderate amount (I can commit to small daily or weekly practice).
- c. A lot (I feel ready to plan for something bigger).

5. What kind of support are you looking for?

- a. A daily reminder to stay grounded or focused.
- b. A routine or plan to help me get better at a specific skill.
- c. A roadmap for achieving something meaningful in the future.

How to interpret
your answers

Mostly A's ⇒

Focus on daily intentions

You might need grounding, support or a simple mindset shift to help you handle the day.

Mostly B's ⇒

Focus on building mastery

You're ready to practice a skill, create a routine and build confidence over time.

Mostly C's ⇒

Focus on long-term goal setting

You may be thinking about the future, wanting direction and ready for bigger planning.