



Setting Daily Intentions™

Stay focused on your goals with our daily intention-setting and tracking service.

We'll help you **set, prioritize, and achieve** your daily objectives.

We'll be your **empowerment** partner and **results** analyst!



How It Works

- **Commit** to setting your daily intentions, personal & professional
- **Reply** to our text or email prompt with your daily intentions
- **Reflect** on your intentions throughout the day
- **Report** back to let us know how you did.
- **Celebrate** your wins through progress reports and insights

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What We Offer

- **Daily reminders** to set and report back on your intentions.
- **Weekly tracking** of completion metrics.
- **Progress reports** to ensure you are aligned with your goals.
- **Continuous improvement** metrics & suggestions.



Benefits for You

- **Stay in tune** with to your daily goals and intentions.
- **Improve happiness** with better time management.
- **Balance energy** for personal and professional objectives.
- **Visible growth** over time through daily progress



Our Commitment

- **Adapt** to your communication style.
- **Help** you set realistic, achievable goals.
- **Offer** insights to enhance joy & productivity.