

# Journaling Prompts, Practices & Exercises for Living Intentionally



Whether you are at the beginning of your journey, in the middle of transitions, or reflecting on decades already lived. This is an invitation for you to listen closely to the music already within, and to recognize how each choice, each moment, contributes to your unique symphony's crescendo.



## Daily Prompts

<b>Day 1- Awareness of Energy</b>	<p><i>Where is my energy currently going—into distractions, obligations, or aligned action?</i></p> <p><i>Does this reflect my deeper intention, or is it being scattered elsewhere?</i></p>
<b>Day 2- Choosing Direction</b>	<p><i>If my energy is like a stream, where do I want it to flow today?</i></p> <p><i>What intention can act as the riverbank to guide that flow?</i></p>
<b>Day 3 - Embodying Intention</b>	<p><i>What does my intention feel like in my body—calm, focused, expansive, steady?</i></p> <p><i>How can I carry that energy into my words and actions today?</i></p>
<b>Day 4 - Clearing Resistance</b>	<p><i>What drains or blocks my energy from fully serving my intention?</i></p> <p><i>What small step can I take to release or shift that resistance?</i></p>
<b>Day 5 - Amplifying Energy</b>	<p><i>What practices (movement, music, prayer, stillness) help me amplify the energy behind my intention?</i></p> <p><i>How can I weave one of them into today?</i></p>
<b>Day 6 - Aligning with Legacy</b>	<p><i>If today's intention became a lasting imprint, what echo would it leave?</i></p> <p><i>Am I directing my energy toward something I want to ripple outward?</i></p>
<b>Day 7 - Reflection &amp; Renewal</b>	<p><i>Looking back on this week, when did I feel most aligned with my intention?</i></p> <p><i>What energy do I want to renew and carry forward into the next season of my life?</i></p>

# Practices for living Intentionally

<i><b>Begin with Intention</b></i>	Before your day unfolds, name a word or phrase that captures how you want to show up. For example: “calm,” “focused,” or “open to possibility.” This becomes your guiding note.
<i><b>Check Your Rhythm</b></i>	Throughout your day, pause and ask, <i>Am I still in tune with my intention?</i> If not, gently reset. Even professional musicians must retune during a performance.
<i><b>Protect Your Atmosphere</b></i>	Be mindful of who and what influences your tone. Negative voices, environments, or habits can distort your music if left unchecked.
<i><b>Notice Your Impact</b></i>	Pay attention to how your energy influences others. Did your calm presence ease someone else’s stress? Did your impatience create tension? These reflections help you see intention in action.

## Exercises

- The next time you visit a place of business—whether it’s a retail store, a doctor’s office, or even the utility company to pay a bill—pause and simply observe. Notice the energy of the people assisting you. Without judgment, pay attention to your own reactions: the thoughts that arise, the feelings you experience, and the way their presence affects you.
- Write down five small intentions that you want to carry daily (e.g., patience, gratitude, courage, presence, kindness). Post them somewhere visible.
- Write a letter to your future self about the intentions you are setting now.

