

Setting Intentions with The Four Elements



Today I intend to...



EAT

- ☐ Plan my meals and snacks for each working day
- ☐ Set up my workspace with access to healthy snacks and drinks
- ☐ Drink 8 glasses of water
- ☐ Or choose your own
- ☐
- ☐
- ☐



SWEAT

- ☐ Go for a walk
- ☐ Set reminders to stretch & move at certain times
- ☐ Plan a specific exercise session that I am looking forward to
- ☐ Or choose your own
- ☐
- ☐
- ☐



THINK

- ☐ Block out some 'me time' today
- ☐ Put all devices away for a short period of time
- ☐ Complete a guided breathing exercise
- ☐ Or choose your own
- ☐
- ☐
- ☐



CONNECT

- ☐ Share a highlight of my day or week with somebody close
- ☐ Connect with a friend or community
- ☐ Be outside and notice the nature around you
- ☐ Or choose your own
- ☐
- ☐
- ☐

Remember to check back in on the intentions that you have set here.
Did they go as you thought they would? Why or why not?
Do you need to change your intentions?