MAY 2023

INTENTIONALITY

LIVING WITH INTENTION MEANS SAYING YES TO WHAT MATTERS MOST. —CRYSTAL PAINE

SUN	MON	TUE	WED	THU	FRI	SAT
30	1 Set a positive intention for the week.	2 Let someone in front of you in traffic.	3 Send a note of encouragement to someone having a tough time.	4 Drink twice as much water as you usually do, today!	5 Reflect on whether you stayed in line with the intention you set earlier this week.	6 Return your shopping cart to the store/ corral area.
7 Make eye contact and smile at those you come in contact with today.	8 Leave inspirational messages around your workplace.	9 Listen to uplifting music on your ride to work.	10 Give an authentic and meaningful compliment to someone who needs it.	11 Forgive someone for a past transgression.	12 Plan to see someone this weekend that you haven't connected with in awhile.	13 Research an organization you'd like to donate to or volunteer for - then do it.
14 Plant something beautiful in a pot or in your garden.	15 Make a point of sending a positive text to someone today.	16 Take a walk outside and enjoy the sounds of nature.	17 Tell someone how they have changed your life for the better.	18 Share something personal and meaningful with a colleague.	19 Spend five minutes thinking about all the relationships in your life.	20 Go for a long walk in nature.
21 Return your shopping cart to the cart storage area.	22 Smile at as many people as possible today.	23 Learn something new about a coworker.	24 Acknowledge someone when they walk into the room with a smile.	25 Make an intention to start every conversation on a positive note.	26 Resolve to be more authentic in your day-to-day life.	27 Write a letter to someone who has made a difference in your life.
28 Surprise someone with a thoughtful gift.	29 Ask & remember the names of the people you see daily.	30 Send thank you notes to three customers/ clients today.	31 Be intentional not to complain for the whole day.			

APRIL

S	M	T	W	Th	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

JUNE

S	M	T	W	Th	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

It seems counterintuitive to talk about intention when we are all about 'random' acts of kindness. However, we believe that when you practice intentional acts of kindness regularly, they become second-nature and eventually become 'random' because we barely even think about it anymore. It's like breathing... we don't think about it, until we do. Then, it becomes a very intentional action. So, this month, do everything with intention.