

Daily Intentions Script

Setting Intentions

Today we're each going to choose a spiritual goal to work towards.

It might be a skill we want to improve, like showing respect to others, extending hospitality, or calming ourselves when we feel stressed.

Or it might relate to something we want to learn, such as how to support a friend fasting for Ramadan or ideas for promoting racial reconciliation.

Whatever we choose, it should be something we can accomplish in a day.

Take a minute to think about what you are going to do, and then share with me *[or a friend]* by completing the following sentence: **Today, I intend to....**

Now that you have a goal, think about how you are going to do it. What are 1 or 2 steps you can take today to succeed in meeting your goal? Share your ideas with me *[or your friend]*.

Reviewing Intentions

Today we each set a goal to help us grow spiritually.

How did you do? Did you meet your goal or did you encounter obstacles that got in your way?

[Give children time to report on their experiences.]

Sometimes we meet our goals and sometimes we forget or struggle. Whatever happens, tomorrow we can try again or set a new goal.

What matters more than anything else is that we continue to work at being people who care for one another and make a difference in the world.