



MyIntent Maker

JOURNAL

CREATE AN IMPACT

Do small things with great love. - Mother Teresa

As a MyIntent maker, we know you have the desire to connect deeply with others about things that matter. That's why we've created a special journal just for you!

This journal will help you keep track of the positive impact you are making by asking the simple yet powerful question, "WHAT'S YOUR WORD?"

We have gathered three categories with inspiring examples of people and ways to use your [MyIntent Kit](#) to make a difference in your community.

After each experience, we invite you to use this journal as a treasured keepsake to reflect on the WORDS, their significance, and the lives you have touched. Keep shining your light and making a positive impact!

RELATIONSHIPS	ACTS OF KINDNESS	ACTIVITIES
Friends	"Thinking of You" gifts	Social Gatherings, Parties
Family	Acts of Love	Game night, Sunday Dinner
Co-workers	Get Well Soon note	Team Building, Ice Breakers
Mentors	"Thankful For You" Gifts	Causes, Retreats
Teammates	Intentional Celebrations	Fundraisers, Support Groups

Here is a sample to help you get started:

WHO: <i>Melisa Smith (sister)</i>
DATE: <i>01/31/2023</i>
WORD: <i>EMBRACE</i>
MEANING/TAKEAWAY/LESSON: <i>Melisa has recently moved to a new city and has trouble adjusting. She feels lonely but excited to discover the unfamiliar town. She uses the word EMBRACE as a daily reminder to keep moving forward.</i>

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RELATIONSHIPS

"The best relationships are built on mutual trust, respect & communication."

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MEANING/TAKEAWAY/LESSON:
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ACTS OF KINDNESS

“Kindness is a gift everyone can afford to give.”

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A C T I V I T I E S

“Your greatness is not what you have, it’s what you give.”

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