



Building the People  
Who Build Organizations

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**Begin Each Day with Intention**  
**Daily Worksheet**

*Objectives: Begin each day with focused intention; manage your daily destiny.*

Today's Date: \_\_\_\_\_

**Awareness**

Today, I feel (fill in seven completions):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

*Emotions include (but are not limited to): Sad, happy, angry, grateful, loving, loved, content, anxious, anticipatory, serene, contemplative, rushed, centered, inspired, motivated, tired, energized, vulnerable, and lonely.*

I am grateful for (list three):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Attention and Intention**

The primary role I choose to play today is: \_\_\_\_\_

*Roles could include (but are not limited to): Diplomat, salesperson, teacher, nurturer, adventurer, cheerleader, artist, team player, lover, explorer, conduit, producer, challenger, sage, monk, ringmaster, and producer.*

I want to remember The Big Picture. It is: \_\_\_\_\_

\_\_\_\_\_

I now feel (fill in seven completions):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

*Emotions include: Sad, happy, angry, grateful, loving, loved, content, anxious, anticipatory, serene, contemplative, rushed, centered, inspired, motivated, tired, energized, vulnerable, and lonely.*

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