

Be Better at Being

Print the words **“Today, I intend to be”** in front of the one value you choose to write down each morning and carry with you through the day. Example: **Today, I intend to be kind.** If you want, add other words to make it more specific. Example: **today, I intend to be kind to myself.** Or, **today I intend to be kind to others.** Or, **today, I intend to be kind to Susan.**

- | | | |
|--------------------------|---------------------|---------------------------|
| 1, Accepting (of myself) | 20, Cooperative | 39, Forgiving |
| 2, Accepting (of others) | 21, Courageous | 40, Friendly |
| 3, Active | 22, Creative | 41, Generous |
| 4, Amusing | 23, Daring | 42, Good (well behaved) |
| 5, Assertive | 24, Dedicated | 43, Grateful (thankful) |
| 6, Aware | 25, Devoted | 44, Happy |
| 7, Calm | 26, Dignified | 45, Healthy |
| 8, Careful | 27, Discerning | 46, Helpful |
| 9, Caring (of myself) | 28, Dutiful | 47, Honest |
| 10, Caring (of others) | 29, Easy Going | 48, Honourable |
| 11, Cautious | 30, Empathic | 49, Hopeful |
| 12, Cheerful | 31, Energetic | 50, Humble |
| 13, Clean | 32, Entertaining | 51, Humorous |
| 14, Committed | 33, Entrepreneurial | 52, Industrious |
| 15, Compassionate | 34, Fair | 53, Influential |
| 16, Composed | 35, Faithful | 54, Inspiring |
| 17, Confident | 36, Family oriented | 55, Internally controlled |
| 18, Conscientious | 37, Firm | 56, Intimate |
| 19, Content | 38, Focused | 57, Involved |

58, Joyful	76, Practical	94, Silent
59, Kind	77, Proactive	95, Sober
60, Less critical	78, Productive	96, Sociable
61, Less judgemental	79, Quiet	97, Stimulating
62, Less serious	80, Relaxed	98, Strict
63, Less strict	81, Reliable	99, Successful
64, Loving	82, Resilient	100, Supportive
65, Loyal	83, Resolute	101, Tenacious
66, Moderate (no excesses)	84, Resourceful	102, Thoughtful
67, Nurturing	85, Respectful	103, Thrifty
68, Open	86, Responsible	104, Tidy
69, Optimistic	87, Responsive	105, Tolerant
70, Patient	88, Self-disciplined	106, Truthful
71, Peaceful	89, Self-reliant	107, Unselfish
72, Persistent	90, Sensuous	108, Valuable
73, Pleasant	91, Serene	109, Worthy
74, Positive	92, Serious	
75, Powerful	93, Serving	