

# 30 Days of Living with Intention

Today

I Am



# Set Your Intentions



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# What Are Your Intentions?

Most of us have good intentions. We say we're going to be nice to our relatives or help out the neighbors or generally be pleasant and well-behaved. But those are transitory actions. This booklet is about setting intentions at a deeper, more spiritual level.

Spiritual intentions are statements of who we are and what we are becoming. They tap the divine qualities that exist in each of us to express in the world.

What can you bring into any room you enter? Serenity, love, joy? How do you want to be remembered? As resilient, positive, powerful? What divine qualities or innate attributes do you want to develop in this lifetime?

You can probably name many! Intentions may be set for a day or a week, to sustain you through a particular event or challenge, or to carry you through a lifetime.

In each of these 30 essays, Unity ministers and other New Thought writers share their own process of setting intentions for different aspects of being. Intentions are not just about actions but states of consciousness—holding faith, being wise, becoming aware. Intentions may be set around anything you want to do or be. They call forth the best in you.



This booklet is designed to help you practice setting different intentions each day. It begins with a fuller explanation of spiritual intentions and also includes intention messages from past issues of *Daily Word*, which is celebrating its 100th anniversary in 2024.

We invite you to join us in setting intentions for each of the next 30 days. See which ones resonate with you and which you might like to develop further. We bless you on your journey!

*Your Friends in Unity*



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# The Sacred Promise of Intentions

Rev. Ellen Debenport

How many times have you heard someone say, “That wasn’t my intention!”

Intention is the motive behind our actions; it’s why we do what we do. Most of us would claim we have good intentions—meaning we don’t want to cause harm—but there’s a reason we so often hear the aphorism, “The road to hell is paved with good intentions.” Words and actions can have unforeseen impacts. They can hurt rather than help, even if we didn’t intend it.

In a spiritual sense, however, it is possible to choose our intentions consciously, not merely assuming we intend goodwill but as a means of expressing our divine essence.

## How to Set an Intention

In Unity and other spiritual circles, you'll hear the phrase *setting intentions*. In casual conversation, this might sound like setting goals or making resolutions. But spiritual intentions come from a deeper place within us. They are declarations of how we want to *be*, how we want to show up.

Intentions may be set for a day or a specific circumstance, or they may reflect our purpose for this lifetime. Either way, by setting intentions we are making a sacred promise to live from divine consciousness.

So we use our most sacred words—I AM, meaning our higher self or divine essence—to form our intentions. Rather than affirming *I intend to*, we invoke the mystical name of the Divine within us: I AM.

*I am joy.*

*I am love.*

*I am the presence of harmony.*

These intentions may result in our speaking thoughtfully or taking certain actions in our everyday lives, but more profoundly, they state a quality of being. Rather than saying *I am loving*, we say *I am love*—meaning I am the presence of love, I bring the qualities of love. Love is my purpose. Love is who I am.

Intentions manifest in myriad ways. A nurse, for example, might be living out an intention to heal or to love or to uplift others. A young person might set an intention to be somebody, to make a difference in the world. An intention for harmony could mean actively making peace or it could mean keeping quiet.

## Daily Intentions

Intentions may express our soul's purpose, and our souls may even have intentions for us that we only dimly perceive. But intentions can also be set for a brief period.

Many people set an intention every morning for how they intend to show up in their day's activities. This is an exercise children can join. What is their intention for school today? How are they going to be? Setting an intention is a more solemn vow than goals for behavior or performance, although an intention is often reflected in such actions.

Among people who set intentions as a spiritual practice, there's a running joke to be careful what you intend. Never declare *I am patient*, they say, because your day will be filled with bad drivers, slow service, crying babies, computer breakdowns—whatever! Maybe you attract opportunities that allow you to carry out your intention for patience, or maybe it just seems that way.

## Upholding Others' Intentions

When we observe others' actions, we don't always know the intentions behind them. Someone jumping out of an airplane or riding a roller coaster may be living out an intention for freedom or instead might intend to overcome fear. A tax auditor may be expressing an intention to bring order. A protester may have an intention for justice. A waiter may have a lifetime intention to be of service, which may take different forms over time. Intentions find many vehicles to carry them.

We can support the intentions of others as a heartfelt act of love. We do this when we pray for them—upholding their intentions for healing or strength or prosperity. Sometimes we hold their intention with them from a distance, affirming their highest and best, whatever it needs to be. Sometimes we support them with encouraging words. Or we might directly help them carry out their intentions, like helping a youth apply to colleges or sharing our experience in recovery with those intending to overcome addiction.

If you're not sure what to choose for your intentions, think briefly about what you don't want to be—negative, judgmental, fearful—then focus an intention on its opposite—positive, accepting, courageous. Some find it useful to pull a card from an oracle deck or roll the *Unity Intention Dice* as a prompt for setting specific intentions. Ask in prayer or meditation to know more about your intentions for this lifetime and how you might carry out your purpose.

Setting intentions allows us to think carefully about how we want to express as spiritual beings in our human experience. Try it if only for a day and see whether you can add a little peace, kindness, or gratitude to the world.

*Rev. Ellen Debenport is vice president of publishing for Unity World Headquarters at Unity Village, Missouri.*





## Today I am abundant.

Abundance can be a difficult concept for some. Perhaps we inherited limiting beliefs about abundance, whether about money, relationships, or health. We may feel unworthy of a life of abundance and prosperity.

One way to change our mindset about abundance is to notice all the beautiful things around us. Abundance is everywhere, particularly in the natural world. The awe-inspiring sunset outside our window. The majesty of the ocean waves that lull our busy minds. The simple pleasures of a good meal or a warm hug.

Finding gratitude for everything we have rather than focusing on what we lack is the path to feeling—and being—abundant. It may not come naturally because of old beliefs, but, like a muscle, feelings of abundance grow stronger the more we use them. We do this through affirmative prayer and regular meditation. By gratefully acknowledging the many ways, large and small, that we have what we need, we create even more of what we desire. Once we train our minds to see abundance everywhere, we will be able to affirm *I am abundant* and feel it to be true at the deepest level of our hearts.

—Amy Ellis  
*Unity on the Bay*  
Miami, Florida

## Today I am accepting.

When I was a child, I was overweight due to my premature birth. My maternal grandmother had lost a baby son, and I was the first child born with a health condition after he died. Mama (the name we called my grandmother) believed if the family overfed me, I would get healthy. As I got older, I kept eating. When diets did not work, I was required to go outside and play.

Sometimes when I went outside the children were picking teams to play sports. I was always picked last. I was not fast enough. I often went home sad and disappointed in myself. This pattern continued throughout my childhood and adulthood. It was as if I were on the outside looking in. I just wanted to be accepted.

Once I became a Truth student in Unity, I learned the power of my thoughts. I began to use affirmations and denials. I discovered how to look at every challenge as an opportunity to grow spiritually. I was able to see my childhood differently. Today I know my grandmother had a desire to keep me alive because she loved me.

Today I accept myself just the way I am.

—Rev. Edith Washington-Woods  
Unity of Gaithersburg, Maryland

### Today I am aware.

Awareness is the key to freedom. I remain vigilant of how I invest my life's energies and the thoughts that I give power. Awareness is the light that illuminates my path and frees me from the endless merry-go-round of habits and beliefs that no longer serve me.

Once we are aware of the barriers that are holding us back, we have a choice. We can shift those limiting thoughts and access our divine gifts. Our surface mind continually navigates from past to future. If we let our minds create horror movies, we miss the beauty and opportunities the present moment offers.

Practicing awareness is the way out of endless suffering. Once you notice a limiting or stressful thought, you have the power to turn it around. The practice of being aware opens the way for the radiance of being to reveal itself.

A few times a day, pause, breathe, and notice your thoughts and feelings. If you notice a negative thought, let it go. Remind yourself that you are a powerful being, lovable, and worthy. Remain vigilant. Trust your intuition and be grateful for every moment and every breath.

—Rev. Elizabeth Longo  
South Florida





## **DAILY WORD**

### **SEPTEMBER 5, 2006**

*In oneness with God, I align my personal goals  
with my spiritual intention.*

Regardless of my goals for the day, week, or year, one intention resonates within my soul: to express the presence of God more completely. The more I understand God's presence and my own divine nature, the better I am at realizing my spiritual intention.

The moments I spend in reflection and prayer build me up mentally, emotionally, and spiritually. In carrying my prayer experience into daily life, I find that I can adapt my personal goals to align with my spiritual intention of oneness with God.

This spiritual intention is a deep sense of oneness with God from which all success, abundance, wholeness, harmony, and peace are fulfilled.

**We intend that no one should blame us about this generous gift that we are administering, for we intend to do what is right not only in the Lord's sight but also in the sight of others.—2 Corinthians 8:20-21**



## Today I am clear.

We are all familiar with spring-cleaning. Days grow longer, flowers start to bloom, and we look around and say, “Where did all this stuff come from?” Or, “Wow, this place is dusty!” Have you ever looked around at your dominant thoughts and come to the same conclusion?

One method for clearing clutter is to make three piles: discard, keep, and donate. Then go through the space in question and sort each item accordingly. For thought clutter, we only have two “piles”: release or cultivate.

Make a list of your dominant thoughts, assessing each without judgment. Does it affirm how difficult your life is or how blessed you are? Support lack or abundance? Foster inadequacy or the Truth of your innate perfection? Write each thought and what it brings to mind in the appropriate column. Once complete, create a prayer of release for those thoughts you wish to eradicate. It can be as simple as *Today I release ...* Likewise for those thoughts that inspire you, create a powerful affirmation beginning with *Today I cultivate ...*

The more rigorous you are, the more thoroughly clear you will feel when all is said and done. Happy clearing!

—Rev. David B. Adams  
*Unity of Independence, Missouri*

## DAY 5

### Today I am compassionate.

We live in a world that teaches us to see and define differences. We have learned to see each other based on classifications such as race, age, gender, and wealth. We may sometimes use such designations to determine who is valuable and worthy of God's love.

Yet Spirit calls us to love everyone and be each other's keeper. How do we change a lifetime of training? By adjusting our mindset from "us versus them" to "there is only oneness." We awaken to the fact that our true essence is spiritual, realizing we are more than our human bodies and we are all of God. Therefore, we are connected to every person on the planet.

Make a daily commitment to see beyond a person's skin or circumstances to recognize the Christ within them. Pray for prosperity and peace for each person you encounter. If we see unskilled behavior, we can pause and visualize the actors remembering they are divine, loved, and valued.

I show compassion and care to others by living from the place of how I want to be seen, valued, loved, and treated. Isn't that the Golden Rule? Do unto others as you would have done to you.

—Rev. Sheree Taylor-Jones  
Austin, Texas

## Today I am confident.

I remember my mother-in-law would rarely read the newspapers or watch the news on television. Her reasoning was that there was very little positive or uplifting. I realized that since much of what we read and hear about isn't life-affirming, then much of what we think about and discuss with others isn't helpful or productive.

As a result, I start each day by declaring and affirming, *I am confident!* I feel this way and I express this feeling in spite of what's going on in the world or even in my life. I am confident that I will manifest my goals and dreams in spite of what others may say or do. I am confident that the good I desire is coming to me, although others may be experiencing hard times. I am confident the divinity within me is revealing how to overcome obstacles in my life, regardless of how long it appears to be taking.

My intention each day is to express faith and confidence and a knowingness that my higher power—the divinity within me—is guiding, protecting, and sustaining me.

—Rev. Saba Mchunguzi  
Unity of Huntington, New York

## **DAILY WORD**

### **SEPTEMBER 7, 2010**

*I live my life with intention, trusting in divine outcome.*

When I live my life from a point of intention, I consciously create my experiences. If I expect a joyful encounter, I receive a joyful encounter. If I see my day going smoothly, I create such a day. By setting my intention, I am determining what my life will look like each day.

It is as if I have placed an order with the Universe, trusting that what I desire will be delivered. I need not focus on the details—the where, the why, and the how—but instead trust that God knows what is my highest good. I set my intention and let go of the outcome. I infuse my intentions with love, peace, and understanding, knowing that God is my Source and all is well.

**Commit your way to the Lord; trust in him, and he will act.**  
—Psalm 37:5



## Today I am courageous.

At the root of *courageous* is the word for *heart*—*cor*—the very center of our being through which all life flows. That life is God life, the I AM that affirms divine identity and the potential to overcome challenges, navigate uncertainties, and pursue our dreams despite the doubts. The outer show of being tough or brave is not courage. It can be courageous to feel emotionally vulnerable, make that difficult phone call, get out of bed in the morning, or admit being wrong.

Courage is not a quality to possess. It is not the absence of fear. Courage is deep in the soul, waiting to be called upon. Fear loses its power when we lean on the awareness of Spirit in our hearts and minds. It is there we find our innate strength and ability to overcome all obstacles through our Christ nature.

As we step outside our comfort zone and embrace growth opportunities through our living connection to Source, we empower ourselves to live boldly to reach our highest ideals. We are supported by the limitless courage of divine mind, the Truth of who we are.

—Rev. Lesley Miller  
Unity of Montclair, New Jersey

### Today I am creative.

Tucked into an old-school monthly planner is my handwritten to-do list. Gone are the days when I allow this ever-expanding list to disrupt my sleep, trouble my relationships, and extinguish my joy. Back then, I charted chores that needed completion and indexed problems that needed solving. Nowadays, I consider my task list with curiosity, seeking to identify potentials and explore possibilities.

I am created in the image and likeness of the Creator. I am created to create! When facing disparate tasks that demand attention, I intentionally shift my energy from doing to being instead of forcing myself to power through a checklist, knowing it depletes my mental and physical energy. I relax into stillness and open to an abundance of divine ideas.

On days when I desire to be my creative best, I affirm my faculty of imagination. I bring my full awareness to oneness and direct the wisdom within to recognize and receive all my good. Divine ideas flow to and through me. With ease and grace, I complete many tasks, energized in body, mind, and spirit. With a commitment to being, I am joyfully creative.

—Rev. Todd Humphrey  
Crystal Coast Unity, North Carolina



## Today I am enthusiastic.

Enthusiasm feels like Christmas morning. When we are enthusiastic, we exude positive energy and joy. It takes us back to the playfulness of childhood, the belief that anything is possible.

We can carry that zest for life into our everyday adult world—into our work life, our home life, and especially our relationships. What a tremendous difference a dose of enthusiasm can make on a flagging relationship. It brings with it a joy that bubbles forth effortlessly and cannot be ignored.

Enthusiasm and zeal share a kinship. Zeal is one of the 12 inner divine powers identified by Unity cofounder Charles Fillmore, who defined it as “intensity, ardor, enthusiasm; the inward fire of the soul ...” At 93, Fillmore said, “I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do the things that ought to be done by me.”

Once we experience that fire of the soul, then anything—absolutely anything—can be accomplished with a good heaping dose of enthusiasm.

—Rev. Lulu Logan  
Winter Garden, Florida



## **DAILY WORD**

**JULY 1, 2011**

*With determination and faith, I create a life I love.*

What is my intention today? What do I want to feel and experience over the next 24 hours? As I begin to probe these questions, I connect with Spirit in oneness and gratitude. I visualize the day ahead—who will I see and what actions will I take? Then I consider what qualities I will demonstrate and what attitude I will hold. Will I be patient, adventurous, loving?

Life is made up of the choices I make, the love I give and receive, and the faith I hold every moment of every day. If I have been waiting for “someday” to come, I stop waiting and make the decision to live fully and freely right now. I set the intention to live a life I love—and I start today.

**Your word is a lamp to my feet and a light to my path.**  
—Psalm 119:105



### Today I am faith.

As the disciple Simon grew in faith, Jesus renamed him Peter. Jesus said of Peter, “On this rock I will build my church” (Matthew 16:18). Think of your faith as the enduring essence of rock, forged in the crucible of spiritual fire.

Like rock from the fiery depths of earth, our faith gains strength through the challenges and trials of life. The heat of adversity shapes and tempers it, making faith resilient in the face of difficulties.

Our faith is a steadfast foundation, not merely static but infused with the dynamic energy of transformation. It possesses the serene qualities of calmness and solidity, yet at its core, it is a vibrant force, alive with the fervor of a transformative fire.

Faith on fire purifies. It lights your spiritual path. It forms your spiritual foundation. It holds you in perfect alignment. It moves you and holds you steady at the same time. It is a simultaneous source of unwavering strength and a catalyst for positive change.

Today I declare with conviction, *I am faith*—ablaze with transformative energy—resilient and strong, enduring and timeless.

—Rev. Robin Volker  
Blairsville, Georgia

## Today I am free.

On my desk sits a framed print of a smiling monk holding a birdcage. He has opened the cage door, and birds of all shapes and sizes fly to their freedom. I meditate on this picture as a reminder that I can open the door of my mind and let thoughts that keep me from experiencing joy fly away.

I love this monk who happily releases the birds. He reflects how joyful I feel when I release any erroneous thoughts that keep me caged. Once those thoughts are not part of my consciousness, I, like the liberated birds, am free to be the me that is inherently life-filled. I express my loving, kind, and compassionate nature.

When I feel caged by life's travails, I sing my favorite Unity hymn, "I Am Free, I Am Unlimited." I remember that I create the thoughts that bind me. Just like opening the birdcage, I can unlock those chains by exchanging heavy, unwanted thoughts for the Truth—that I am free and unlimited. This brings empowerment. When I claim my freedom, I soar with Spirit.

What joy knowing that today I am free!

—*Rev. Carolyn Warnemuende*  
*Unity of Sacramento, California*

### Today I am generous.

We often think of generosity in terms of material things like a charitable donation or tithe. But generosity begins with our thoughts. Are we generous with loving thoughts of others? If we are judging and critiquing, we are not being generous. When we have a challenge or conflict with someone, we acknowledge our oneness and move to see the Christ in every person or situation. From this divine energy, we can offer compassionate, understanding, and forgiving thoughts.

How might we be generous with thoughts for ourselves? When we look in the mirror and critique our bodies, we are not engaging a giving mind. If we catch ourselves being unkind to ourselves, we must substitute affirmative and loving words, accompanied by acts of generous self-love.

As we learn to share generous thoughts, we find our words and acts become more generous. We also find that we attract a flow of generous giving from others.

Today let's radically and generously share our giving thoughts with ourselves, others, and the world. We set the intention today to give freely and abundantly of loving thoughts.

—Rev. Christina Garza  
*Unity of Nashville, Tennessee*

## **DAILY WORD**

**OCTOBER 2, 2012**

*My powerful, Spirit-led intentions guide and shape my life.*

The story of Jesus' life has inspired people through the ages. Like a light on a hill, his life and teachings illumined the way for others seeking spiritual truth. Inspired by Jesus' teachings, I set the intention to let my own light shine.

With these words from the Gospel of John, I affirm: "The Father and I are one." In oneness with God, I pray and set intentions for my future. I become receptive to God's moment-by-moment guidance.

I am mindful of how I am being, conscious of my thoughts, words, and actions. In alignment with good, with grace and with God, I seek first to know God's presence within me. My powerful, Spirit-led intentions guide and shape my life.

**We intend to do what is right not only in the Lord's sight but also in the sight of others.—2 Corinthians 8:21**



## Today I am grateful.

Gentle parental guidance instilled gratitude in my consciousness. I was instructed to be thankful, grateful, appreciative, and always willing to reciprocate. Even the simplest acts of kindness were not to be taken for granted. This indoctrination served me well.

After learning New Thought principles and practices, I became immensely grateful for spirituality and the indwelling presence and power of God. Also for the assurance that the spirit of Jesus the Christ and the use of my 12 spiritual attributes would comfort and rescue me in times of need. I could make effective demonstrations in my world. The fact that others were uplifted by my words of inspiration was truly a blessing.

When aging meant that simple tasks became challenging, assistance was welcomed. I was reminded that God was only a whisper away. Whatever or whomever, my cup would overflow, and the perfect souls would be led to my door. Immeasurable gratitude!

In the wee hours of the morning, it is time to commune. I awaken fulfilled in the assurance that God will hoist the sails of my ship should my spiritual awareness drift into choppy or uncharted waters. I am gratitude.

—*Marilyn King-Compton*  
*Christ Universal Temple, Chicago*



## Today I am hopeful.

One of the greatest gifts we receive in walking the path of practical spirituality is also one of its most challenging aspects: the knowledge that our life is created from the inside out by the thoughts we empower and the core beliefs we hold.

Our most deeply held beliefs determine what we give our power to and the choices we make, which in turn create the tone and timbre of our existence. Everything that comes our way will prove to us how terrific or terrible the world is, which will be a wonderful opportunity or a terrifying responsibility, depending on our view. So what can we do?

We can empower ourselves to consciously create or change our life—one centered, purposeful choice at a time.

So today I am hopeful.

It's not just an affirmation, not simply pretty words; it is my declaration at an energetic level. (Because the universe doesn't speak English—it speaks energy.) I challenge myself to be hope today. To show up in positive and encouraging ways, envisioning excellent outcomes, wherever I go and in whatever situation I find myself.

—Trish Yancey, LUT, CSE  
Unity of Sebring, Florida

## Today I am joy.

I found Joy at the Findhorn Pottery studio in Scotland amid a host of other ceramic angels for sale. When I accidentally bumped her shelf, Joy fell over and broke her wing. Between her wing and the blotchy glaze obscuring her name, Joy was far from perfect. But she was mine.

Joy sat in a closet for years, but I brought her out in the harrowing months after the pandemic began. As I held her small, solid weight, I contemplated her marred beauty and understood her message: Outer conditions do not need to be perfect for us to experience joy. We do not need to be perfect to experience joy. Joy is a deep spiritual gift, a wellspring, as inseparable from us as the divine energy within us.

Buddhist author Pema Chödrön says the way to joy is mindfulness coupled with appreciation, which connects us with reality (or the Christ within). No matter what you're facing today, take a few moments to breathe and center yourself. Notice sounds, sights, smells. Give thanks for one good thing—even a ray of sunshine—and allow the angel of joy to share her gift with you.

—Lisa Colburn  
Northern Virginia

## **DAILY WORD**

**MAY 2, 2013**

*I set an intention to create the life of my dreams.*

When I set an intention, I put feet under my prayers, aligning my desires and actions with the power of God within. Whether I want to reach a certain goal, nurture a new friendship, or experience inner peace, I know that by thinking, speaking, and acting with intention, the manifestation has begun.

Taking my intention into a sacred time of prayer and visioning, I focus on experiencing my highest good. Positive feelings infuse my mind, body, and soul. I am uplifted by an energy of gratitude stirring within me. The foundation has been laid for realizing my heart's desires.

I use intention as a powerful tool to create the life of my dreams.

**Take delight in the Lord, and he will give you the desires of your heart.—Psalm 37:4**



## Today I am kind.

Today I may encounter different personalities—mean ones, selfish ones, jealous ones. I can give it right back to them or I can let my actions speak louder than words by just being kind.

Great leaders have demonstrated the power of kindness. The Dalai Lama said, “My religion is kindness.” A spiritual principle taught in Unity invites us to live the truth we know. The truth I know is that kindness is powerful.

Growing up, I was bullied. When I would report it to my mother, her advice was always the same: “Kill ‘em with kindness.” I recently read a story of a woman whose young son, asleep in his bedroom, was shot and killed by a teenager in a gang-related initiation. The grieving mother regularly visited the teenager in prison and told him she was going to kill him. When he was released, she helped him get a job and set him up with an apartment next door to her, but he fully expected her to kill him. After adopting him, she told him what she meant was that she was going to destroy the meanness in him by showing him kindness.

Kindness is a choice. So whatever I encounter today, I am kind.

—Rev. Sandra Campbell  
Unity Temple on the Plaza  
Kansas City, Missouri

## Today I am love.

My intention to love creates a vibration, an atmosphere that influences all. I know that intentions are rooted in the spiritual faculty of will, which is my divine power to live from oneness. This power of will dissipates any indecision, confusion, or doubt and strengthens my intention to love.

My intention to love is formed in me and for me, influencing my thoughts, feelings, and behaviors. I intentionally love my family members, friends, coworkers, and neighbors and am not swayed by either appreciation or lack of acknowledgment. I intentionally love every part of my body just as it is. Every financial transaction is endowed with my intention for love. I intentionally make a plan for love to express through any job that is mine to do. I intentionally choose to see with love those whom I work with and to bring love into relationships that are strained.

I know the power of divine love to be the great harmonizer at work in ways I may never know. Today I am divine love, and I am loving.

—Rev. Kathy Harwood Long  
*Friends of Unity*  
*Plymouth, Michigan*

## Today I am patient.

Today I am patient, first with myself since I went back to sleep after shutting off the alarm and now I am running late.

Today I am patient as I stop the rush of thoughts in my mind that say I need to make up for the so-called lost time.

Today I am patient as the driver in front of me is dawdling like a tourist taking in the sights. I chase away the thought of blowing my horn.

I am patient as someone in a bigger hurry than I am takes the parking space for which I was aiming.

I am patient as I sit in my car and prepare to enter my destination. I sit quietly, take some deep breaths, and set forth the plan for this part of my day. The plan is to be intentional about expressing patience in all my encounters and in every situation or challenge that may arise.

The word for the day for me is *patience*. I am amazed as I quickly recognize the benefit of focusing on and claiming patience. It not only makes my day more peaceful but expresses as a soothing balm for others.

—Rev. Alberta Ware  
Christ Universal Temple, Chicago



## **DAILY WORD**

**DECEMBER 29, 2013**

*I am alive, alert, and enthusiastic about life!*

I am the life of God, sacred and eternal. Made in God's image and likeness, I live my life fully and completely, giving thanks for all that I give and all that I receive.

I am alert to life's call as I become more attuned to the Creator's presence within and around me. I am not a victim of circumstances or other people's intentions. I stay focused on my own intentions—one of which is to give as much back to life as I can in every given moment.

Spirit permeates all of my activities, and even my times of inactivity. I appreciate life and all its diverse and magnificent manifestations that continually fill my heart and soul.

**The water that I will give will become in them a spring of water gushing up to eternal life.—John 4:14**





## Today I am peace.

Today I am releasing anything that is not peace. When I am upset or disturbed, my thoughts and feelings are activated, which provides me with opportunities to increase my awareness. I focus on my breath to become present and aligned in body, mind, and spirit. As I breathe consciously and deeply, I seek and find the foundation of my being in the stillness of eternal Presence.

In this space of inner listening, I invite intuition, discernment, and clarity. I invite divine guidance to show me the light on the path and the doors that are opening. I invite insights from the storehouse of wisdom.

In the stillness, I am aware that the voice of my personal fears, doubts, and worries is often heavy, shrill, critical, or disruptive. In contrast, the voice of conscience brings expansion and a sense of calm, rightness, and lightness of being. As I release attachment to outcome and complete whatever is in my experience, my agitated thoughts and feelings dissolve, and I am peace. When I know what to release and how to proceed, I feel balance, harmony, connection, and wholeness.

—Rev. Shirley Knight  
Unity of Houston, Texas

## Today I am positive.

Whatever is mine to do this day, I am positive it will be fun. It will be fun because I choose to make it fun. Whatever the event is initially, it becomes what I make it. The aftermath is mine, whether I choose the event or the event chooses me. What matters is that I remain positive regardless of situation, circumstance, or even adversity. Positivity makes any blessing more and any challenge less.

I am positive that even the mundane can be made grand when I affirmatively declare: *It will be fun!* I am positive that being positive becomes for me far better than being negative. I am a better person on the plus side, and I am better for others when I am better for me.

It will be fun to watch a transformation for the better unfold because I maintain a positive attitude. I could just as easily manifest an awful day for myself by degrading into negativity. I choose instead to upgrade by giving anything negative a positive spin. I intend to make every day a good day this way. Because I am positive, I will make it so. *It will be fun!*

—Rev. Michael Jamison  
Topeka, Kansas

## Today I am possibility.

I make the deliberate, conscious choice to live this day beyond a limited narrative. Instead I will choose the infinite potential of Spirit over seeming setbacks. By setting this intention, I will challenge my beliefs, actions, and thoughts and willingly release all that no longer serves my highest good.

Standing in this declaration, I recall the day my younger self requested to speak with the principal. I was only 11 years old when I got on a bus, unbeknownst to my mother, and visited different schools. I remember that girl's boldness, her courage and trust. I know on that day something grander than myself guided me, protected me, gave me the inspiration and the wisdom to find my way. My age, background, and education were of no consideration.

On that day there was no doubt—just a willingness to face anything with conviction. The next month I found myself sitting in the best school on the island of Jamaica, achieving the highest quality education. To be possibility asks us to reflect on the expansiveness of our capabilities and tap into the endless reservoir we all have access to. Choose to be possibility.

—Rev. Shakira Taylor  
Miami, Florida

## **DAILY WORD**

**AUGUST 5, 2014**

*My intentions shape my experience.*

My life runs smoothly when I lay the proper foundation. Beginning my day with a clear intention focuses my energy and directs my activities. Intention is like a laser beam of light guiding me through any uncertainty. What I need to accomplish may seem overwhelming, but as I attune to my intention, I move through my day with ease.

To clarify my intentions, I ask myself: *Who am I willing to be today? What qualities will help me succeed? Do I want to be grateful and courageous? Clear and focused? Present and enthusiastic?* Once I've set my intention, I attend to my tasks with confidence. I have all I need to live this day with ease and grace.

**I intend to keep on reminding you of these things, though you know them already.—2 Peter 1:12**



## Today I am powerful.

My faith moves mountains, my actions manifest my desires, my beliefs inspire me and sometimes others. My words ring forever through the universe, never to be taken back or forgotten. When I think of the depth and breadth of this power, I can become intimidated, scared, vengeful, or hurtful. What I want is to be of benevolent service, loving, and generous, offering all whom I know and don't know the peace of impersonal goodwill.

My powerful faith reminds me that “All things work together for good for those who love God, who are called according to his purpose” (Romans 8:28). My powerful desires move into creative action, manifesting into visibility what I have affirmed. With my words—perhaps the most effectively demonstrated power—I can cut someone down or raise someone up. Once I have wielded the power of my word, it will land and have its effect.

My prayer today: *May my faith hold strong, my thoughts and actions be kind and loving. May I always remain teachable and lead by example. May my words be only words of love, inspiration, and prayer.*

—Rev. Roxanne Graves  
Unity Village, Missouri

### Today I am present.

Each day, I set an intention to be fully present and remain in the now. I adjust my awareness to show up and live in conscious moments when I practice sitting and focusing on my breath. I cross my arms and tap my shoulders lightly as I repeat: “There is nowhere to go and no place else to be. I am here, and I am at peace.”

With this practice, I visualize myself feeling soothed and sitting in a calm and beautiful place. I am blessed to tap into the powerful spiritual tools of prayer, meditation, and silence. I listen, and the voice of Spirit guides me and gives divine direction. I surrender and give thanks for what is found in this sacred space.

I remain in the here and now, allowing myself to be and to cherish the beauty surrounding me. I feel peace that grounds me in the realization that the past is behind me, and I am blessed with the gift of a day of magic and miracles, power and purpose, and experiences of joyous cocreation in my life. Today I am present, and all is well.

—*Veronica Walker-Douglas*  
*Christ Universal Temple, Chicago*

## Today I am renewed.

Today I am open to renewing my body, mind, and spirit. I pause to appreciate my life so far. What an incredible journey! I make a list of my strengths, successes, and blessings, then read them aloud to myself with a voice of love and appreciation.

If I'm carrying any worries or doubts from the past, I easily shake them off and clear my mind. I declare: *Today is full of unlimited opportunities! I move forward knowing God is always with me. I am an overcomer, a happiness magnet, and a force for good.*

I honor my renewal by finding daily moments to “just be.” I give myself sacred time by scheduling hours or dates on my calendar to put aside the busyness of life, do things I love, and appreciate and focus on the rejuvenating nature of God within me.

As I grow in awareness, I remember that all people have the innate ability to renew, shake off the old, and be purveyors of good. Rather than criticizing others, I am grateful for the spiritual growth and renewal available to us all.

—Rev. Bronte Colbert  
Athens, Georgia





## **DAILY WORD**

**JANUARY 12, 2016**

*Today I celebrate that my dreams are unfolding.*

Deep within my heart, my intentions and my faith intertwine to reveal glorious possibilities. Despite any outer appearances of seeming lack or limitation, I remain firm in my faith to live my dreams. My intentions are powerful, and they contribute to a new vision for my life.

The thoughts I hold in mind shape the experiences of my day. In my quiet times, I draw upon divine ideas as the building blocks of my life. As I tap into divine ideas, my life manifests new and positive outcomes. Moment by moment, my dreams are becoming reality.

I focus on the highest vision for my life. As I notice my goals and dreams coming into fruition in my outer life, I recognize that a spiritual awakening is also unfolding within me. I celebrate my dreams coming true!

**For nothing will be impossible with God.—Luke 1:37**



### Today I am resilient.

When confronted with challenges in which I feel pain, sadness, and disappointment, I greet them with determination. I recognize that behind these situations there is the opportunity to grow and strengthen myself.

I was born with a birth defect, which exposed me to ridicule, rejection, sadness, and even pain from having to undergo multiple surgeries during my childhood. It was those experiences that gave me the courage and strength to overcome any adverse circumstance.

Throughout my life I have faced new challenges, which are inherent to the human experience. With faith I always find the strength and wisdom of God within me to overcome them. As emotional and material losses have led me to new beginnings, I have learned to see challenges as opportunities, to grow and gain new life skills.

Today when I am faced with an adverse situation, I know my resilient spirit is opening a space for divine grace to fill me with all the strength necessary to move forward and evolve toward a fuller and more authentic version of myself.

—Rev. Claudia Olmos  
Unity of Houston, Texas

## **Today I am serene.**

Many of my experiences of serenity have unfolded as I connected with nature.

On a silent retreat, as I was exploring the retreat house, I happened upon a door at the end of the third-story hallway. The room was marked “Treetops” and had a sign posted to notify visitors whether the room was occupied. Since it was available, I peeked in and discovered a cozy armchair draped with an inviting blanket. It faced a tall window overlooking an abundance of high branches.

As I took a seat and soaked in the vibrant greenery, I felt myself immersed in the treetops. Allowing time to pass, I let go into the experience of movement and stillness as the wind paced itself through the trees. I felt my breath move more easily, as if it were harmonizing with the wind rustling through the leaves and taking with it all the cares of the world.

Where do you go to let go and feel yourself at one with the natural rhythms of life?

I rise out of my problems to take a higher perspective. Today I am serene.

—Rev. Jeanmarie Eck  
*Unity of Houston, Texas*

### Today I am strong.

A few years ago, ambulances shone red light upon both of my divorced parents' homes in the span of a few weeks, and I suddenly found myself a double caregiver.

Life continued, colored by grief and shadowy unknowns. Everything was different—even the notion of staying strong. No matter how much I wanted to make it seem as if nothing had changed, I could not live three people's lives on will alone. Multifaceted spiritual strength became my guiding light.

Taking a moment to breathe may inspire reaching out for support. Staring out of the window might reveal that it's time to let go of expectations. Journaling can point me to loving myself first, or a song might indicate waiting until action feels right. I often draw upon the life force around me. Flowers, animals, trees. Sun, stars, breeze.

I may not always feel strong, but in each moment, knowing I can find what I need allows me to continue onward knowing what is mine to do. Only by living in constant connection with Source, allowing the alchemical blend of heart and inner glow to flow through me, can I be guided to each right next step.

—*Malayna Dawn*  
*Los Angeles, California*

## **DAILY WORD**

**OCTOBER 30, 2016**

*I pursue my intentions with faith,  
knowing all things are possible with God.*

Unity author H. Emilie Cady wrote in *Lessons in Truth*:  
“Desire in the heart is always God tapping at the door of your consciousness ... the thing you desire is not only for you, but has already been started toward you out of the heart of God.”

I recognize my intentions are more than wishful thinking. They are part of my purpose. Some may be long-term goals, requiring years of study, focus, and action. My daily intentions may include helping a friend who is experiencing a serious challenge. Following this call to serve, I know I will be divinely supported with the right words to say and actions to take. I pursue my heartfelt intentions, for they are callings from Spirit to do more and be more.

**Jesus looked at them and said, “For mortals it is impossible, but not for God; for God all things are possible.”—Mark 10:27**



### Today I am unlimited.

When planning my day's activities, I may fear that some of them will exceed my abilities or strength. So I ask myself whether the activity is something I really want. If the desire of my heart is greater than the questions and doubts in my mind, then I can move forward safely toward what I propose.

What a wonder and blessing it is to realize that as a spiritual being, no barriers or fences can stop or impede the good that is mine.

By remembering that I am none other than God's beloved child, I can find the strength, enthusiasm, and wisdom I need to overcome any limiting pattern, any adverse condition, any challenging situation.

As I affirm on this day that I am an unlimited being, with all the potential and attributes of divinity, any anxiety calms. My consciousness begins to accept this truth and the restrictions of the mind and environment begin to dissolve.

I live this day fully without conditions and with a true sense of purpose. I immerse myself and navigate in the immensity of Spirit, in which I find everything I seek, want, and need.

—Rev. Beatriz Gallerano Bell  
Unity Sembrando Luz  
Córdoba, Argentina

## Today I am whole.

*Today I am whole* is a powerful affirmation of self-compassion and awareness, encompassing physical, mental, spiritual, and emotional well-being. Embracing our wholeness means accepting ourselves with strengths and vulnerabilities while embracing inner completeness and resilience beyond external circumstances.

Stepping into the arena of wholeness lets us try on the transformative power of *Today I am whole* as a lesson and way of being in the world. This simple yet mighty affirmation encapsulates the journey of acknowledging our physical, mental, spiritual, and emotional well-being. We accept our robust strengths and delicate vulnerabilities.

*Today I am whole* invites us to value each breath and moment of our journey, to foster a fulfilling existence, and to make choices that reflect our intentions. I allow it to be a gentle encouragement to nourish my body, calm my mind, and enrich my soul.

This declaration of self-love and self-growth has the power to accentuate our resilience and ability to thrive in unpredictable weather. In the beautiful dance of life, let's swirl with grace and grit, radiating the fullness of our being and the richness of our spirit. Today harness the Truth of this statement: *Today I am whole!*

—Rev. Kathy Beasley  
Unity Prayer Ministry  
Apopka, Florida

## Today I am wise.

There are so many decisions that I make throughout my day. Some are as simple as what to eat, while others are more daunting like: *Should I sell my house?* Then there are the soul questions: *How can I live a more fulfilled life? Am I fully living into my divine purpose?*

Wisdom is available within me as right judgment, discernment, and intuition. In the midst of uncertainty, I can center myself in my innate capacity to be wise. In the Silence, I quiet my mind, open my heart, and consciously release my concerns and lack of clarity. In the Silence, I reconnect with my true nature and true name, the I Am that I Am.

From the I Am consciousness, I know and trust in my innate capacity to evaluate options and make sound choices. I listen from the deepest wellspring of my being and trust my inner direction. I discern what is mine to do and when to do it, guided by inspiration and intuition. I know and trust that today and every day, I am wise.

—Rev. DeeAnn Weir Morency  
Unity In Marin, California



# **DAILY WORD**

## **JANUARY 20, 2022**

*I am centered and peaceful, no matter what.*

Today I set my intention to live in the present moment. I begin with a few quiet moments of meditation, stilling and centering myself. If distracting thoughts pop up—conversations, day-to-day activities, or any anxiety or doubtful thought—I welcome them and recenter myself.

Now relaxed, I view my life through a lens of nurturing thoughts and ideas. I am gentle with myself and others. In tune with my feelings, I release judgment and lovingly accept who I am. I let go of both my past experiences as well as thoughts of what the future holds.

I leave my meditation relaxed, invigorated, and ready to begin my day, committed to an awareness of each moment and my place in it.

**My heart is steadfast, O God, my heart is steadfast; I will sing and make melody. Awake, my soul!—Psalm 108:1**





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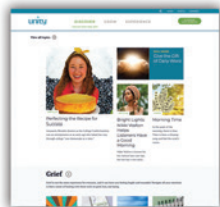
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