

WAG Daily

A dog wagging its tail serves the same communication as a human smile, a nod of recognition, a sign of enthusiasm and joy. The daily WAG sheet is an opportunity for you to start and end the day with joy through celebration, appreciation, and intention.

1. Start the morning by writing down three **w**ins you will accomplish, two people you will **a**ppreciate, and one “**G**od-moment.” A God-moment may be an act of generosity, an offering of grace, or anything that is Christ centered and God inspired. Write down a few thoughts, feeling, ideas you are experiencing.
2. End the day by writing down three actual wins, two things you’re grateful for, and thanks for the thoughtfulness of others. Write down a few thoughts, feeling, ideas you are experiencing.

Three wins I will accomplish today...

Two people I will appreciate today...

One God-moment...

End of the day:

Three wins to celebrate today...

Two things I’m thankful for today...

Where did I see God at work today...

A life of intentionality is a life well lived. Consider the areas below and three words that will set the intentions of how you will “show up” in each area. After you've completed this section, keep it somewhere to view daily. Consider putting your 3 words in each category as an alarm to appear on your phone multiple times a day or set up some other system or habit where you continually remind yourself about who to be, how to interact with others, and what will help you grow forward in life.

SELF

Three words that will now define the best of who I am and that will be used to guide my personal life, including my thoughts and actions, include...

1. _____ The reason I chose this word and that it is important to me is...
2. _____ The reason I chose this word and that it is important to me is...
3. _____ The reason I chose this word and that it is important to me is...

INTERACTIONS

Three words that will now define and guide how I will engage and treat others whom I meet in life, including my loved ones and strangers, include...

1. _____ The reason I chose this word and that it is important to me is...
2. _____ The reason I chose this word and that it is important to me is...
3. _____ The reason I chose this word and that it is important to me is...

GROW FORWARD

Three words that will now remind me of what it is that has helped me grow forward most in life and will make me grow even more include...

1. _____ The reason I chose this word and that it is important to me is...
2. _____ The reason I chose this word and that it is important to me is...
3. _____ The reason I chose this word and that it is important to me is...

Bonus – Clarifying and writing down your goals drastically increases the likelihood you will complete them. Write down the big vision (WHY) you have for your life right now and then make it happen!

SOMETHING WORTH FIGHTING FOR

My big WHY in life right now, something that is driving me that is worth my struggle and journey, something that is bigger than just me, something that I am willing to fight for (or love for) is...

The reason it's important to me is...

The next few steps I will take and the deadlines for these steps to move my WHY forward are...

One thing I will do to celebrate my accomplishment is