

YOUR NAME

MY LIFE'S INTENTIONS FOR YEAR



MY HEALTH:

Complete with intentions for your physical, mental, emotional, relational and other forms of health. Be specific with measurements. Remember the time frame is this year – so it can be “one offs” or recurring actions that will be completed this year.



MY RELATIONSHIPS:

Complete with intentions for your relations with your family, friends, pets, co-workers and strangers. Remember the time frame is this year – so it can be “one offs” or recurring actions that will be completed this year.



MY BUSINESS (WORK):

Complete with intentions for work or business. Remember the time frame is this year – so it can be “one offs” or recurring actions that will be completed this year.



MY HOME:

Complete with intentions for where you live. Remember the time frame is this year – so it can be “one offs” or recurring actions that will be completed this year.



MY FUN:

Complete with intentions for things that you find fun. If nothing comes to mind, the intention could be to explore new things to “find your fun.” Remember the time frame is this year – so it can be “one offs” or recurring actions that will be completed this year.



MY FINANCIALS:

Complete with financial intentions. Remember the time frame is this year – so it can be “one offs” or recurring actions that will be completed this year. Just like other categories, the consequences are long term. So you may set a one year goal, but also have a goal for the cumulative effects at the conclusion of this year.



MY (SOMETHING IMPORTANT TO YOU):

Complete with intentions for something that is uniquely important to you, if not already included in the other categories. Remember the time frame is this year – so it can be “one offs” or recurring actions that will be completed this year.



THE BUCKET:

List your bucket items here. Note that these don't need to happen this year. These are here so they won't be forgotten.

PUT YOUR LIFE'S PURPOSE HERE.
IF YOU DON'T KNOW YOUR LIFE'S PURPOSE, YOUR PURPOSE IS TO FIND IT.

MY LIFE'S INTENTIONS FOR



MY HEALTH:



MY RELATIONSHIPS:



MY BUSINESS



MY HOME:



MY FUN:



MY FINANCIALS:



MY



THE BUCKET: