



Intentional Living Worksheet

Take charge of your tomorrow by mapping out what your values are today. When you're aware of what matters most to you, then you can more easily design how to make value-based decisions that will match your intentions to your actions.

SELF CARE

What intentions can you set to help recharge yourself?

1.

2.

3.

HEALTH

Get intentional about your exercise, nutrition, hydration and sleep quality!

1.

2.

3.

FAMILY + FRIENDS

Set intentions to further connect with those who matter most.

1.

2.

3.

PERSONAL GROWTH

Try and learn something new. Think about how you intend to grow.

1.

2.

3.

TIME, MONEY + ENERGY

Be intentional in how you think about these. What will you set out to do better? What will you eliminate?

1.

2.

3.

FUN + ADVENTURE

Set an intention that is fun! Commit to a new activity or start planning your next exciting trip.

1.

2.

3.

Congrats! You're on your way to living a more intentional lifestyle. Moving forward, review this worksheet during your weekly planning sessions to help follow through with your intentions.