

Intention Setting Worksheet

Name:

Age: Sex:

Instructions: Take a moment to reflect on your intentions for the coming period. Set aside any distractions and answer the following questions thoughtfully.

1. Reflecting on the past week/month, what are some achievements or moments you're proud of?

2. What are three areas of your life where you'd like to focus your energy and attention?

3. Describe how you want to feel in these areas by the end of the next week/month.

4. What are three specific actions or steps you can take to move closer to these desired feelings?

5. Imagine yourself at the end of the week/month having accomplished your intentions. What does that look and feel like?

Remember, setting intentions is about clarity, commitment, and taking action. Take the time to revisit this worksheet regularly to track your progress and adjust your intentions as needed.