2025 INTENTIONS

YEARLY OVERVIEW

MESS	AGE
HEALTH	PERSONAL
PROFESSIONAL	FINANCIAL
RELATIONSHIPS	ADVENTURE

SETTING INTENTIONS

MAKE IT SEPECIFIC
MEASURE IT
MAKE IT ACHIEVABLE
MAKE IT RELEVANT
V 4 V B 1 M M V V B B 1 2 B B
MAKE IT TIME-BASED

Quarter 1 Intentions Checklist

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January

HOW DO YOU FEEL?	,	HOW	DO YOU	WANT TO) FEEL
WHERE DO YOU W	ANT T	OFOC	CUS YO	UR ENE	RGY?



MONTHLY PREVIEW

February

HOW DO YOU FEEL:		HOW DO) YOU WANT TO F	EEI
WHERE DO YOU W	ANT TO) FOCUS	VOUR ENERG	2 V
WILKE DO TOO W				



March

HOW DO YOU FEEL?	HOW	DO YOU WAN	T TO FEEL
WHERE DO YOU WAI	т то ғос	US YOUR E	NERGY?

OVERVIEW

REC	ΑP	
BIG W	VINS!	
LOOKING AHEAD		
MORE OF THIS:	LESS OF THIS:	

MOMENT OF GRATITUDE

Quarter 2 Intentions Checklist

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MONTHLY PREVIEW

April

HOW DO YOU FEE	E L ?	HOW	DO YOU	WANT TO FE	ΕI
WHERE DO YOU	WANT	то гос	US YOU	JR ENERG	Ϋ́

MONTHLY PREVIEW

May

HOW DO YOU FEEL?	Н	OW DO YOU	WANT TO FEE
WHERE DO YOU WA	NT TO FO	OCUS YOU	JR ENERGY

June

HOW DO YOU FEE	EL?	HOW	DO YOU	WANT T	O FEEL
WHERE DO YOU	WANT T	CO FOC	US YO	UR ENE	RGY:

OVERVIEW

RECA	Р	
BIG WI	NS!	
LOOKING AHEAD		
MORE OF THIS:	LESS OF THIS:	

MOMENT OF GRATITUDE

Quarter 3 Intentions Checklist

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MONTHLY PREVIEW

July

HOW DO YOU FEEL?	HOW DO YOU WANT TO FEEL
WHERE DO YOU WANT	TO FOCUS YOUR ENERGY?

August

HOW DO YOU FEEL?	,	HOW	DO YOU	WANT TO) FEEL
WHERE DO YOU W	ANT T	OFOC	CUS YO	UR ENE	RGY?

MONTHLY PREVIEW

September

HOW DO YOU FEEL?	HOW DO YOU WANT TO FEEL
WHERE DO YOU WANT	TO FOCUS YOUR ENERGY
t e s	

OVERVIEW

RECA	P
BIG W	INS!
LOOKING	AHEAD
MORE OF THIS:	LESS OF THIS:

MOMENT OF GRATITUDE

Quarter 4 Intentions Checklist

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MONTHLY PREVIEW

October

HOW DO YOU FEEL?	I	HOW DO YO	OU WANT TO FE	— E I
	_			
WHERE DO VOU WA	NE EQ. F			
WHERE DO YOU WA	NI IO F		OUR ENERG	Y -

MONTHLY PREVIEW

November

HOW DO YOU FEEL?		HOW DO	YOU WANT	TO FEE
	_			
	_			
	_			
WHERE DO YOU WANT	то г	ocus	YOUR EN	ERGY

MONTHLY PREVIEW

December

HOW DO YOU FEEL?	y	HOW I	OO YOU	WANT TO	FEEL
WHERE DO YOU W	ANT TO) FOCU	S YOU	JR ENER	2 G Y ?

RECA	Р
BIG WI	NS!
LOOKING	AHEAD
MORE OF THIS:	LESS OF THIS:

MOMENT OF GRATITUDE

YEAR END OVERVIEW

HIGHLIGHTS OF THE YEAR

WI	HAT IS SOMETHI	NG NEW Y	OU'VE LE	ARNED?
W	HAT WERE SOM	E OF THE FACED?	C H A L L E N G	ES YOU
W H .	AT IS SOMETHIN	NG YOU AF THE NEX	RE LOOKIN	G FORWAR