

# 2025 INTENTIONS

## YEARLY OVERVIEW

MESSAGE

HEALTH	PERSONAL

PROFESSIONAL	FINANCIAL

RELATIONSHIPS	ADVENTURE

# SETTING INTENTIONS

MAKE IT SEPECIFIC

MEASURE IT

MAKE IT ACHIEVABLE

MAKE IT RELEVANT

MAKE IT TIME-BASED

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# QUARTER 1

MONTHLY PREVIEW

**January**

THIS MONTH'S INTENTION IS

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

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*Notes*

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# QUARTER 1

MONTHLY PREVIEW

**February**

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 1

MONTHLY PREVIEW

**March**

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 1

## OVERVIEW

### RECAP

### BIG WINS!

### LOOKING AHEAD

#### MORE OF THIS:

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#### LESS OF THIS:

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### MOMENT OF GRATITUDE

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[illegible]



# QUARTER 2

MONTHLY PREVIEW

**April**

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 2

MONTHLY PREVIEW

**May**

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 2

MONTHLY PREVIEW

**June**

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 2

## OVERVIEW

### RECAP

### BIG WINS!

### LOOKING AHEAD

#### MORE OF THIS:

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#### LESS OF THIS:

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## MOMENT OF GRATITUDE

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[illegible]

# QUARTER 3

MONTHLY PREVIEW

**July**

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 3

MONTHLY PREVIEW

## August

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 3

MONTHLY PREVIEW

## September

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 3

## OVERVIEW

### RECAP

### BIG WINS!

### LOOKING AHEAD

#### MORE OF THIS:

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#### LESS OF THIS:

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## MOMENT OF GRATITUDE

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# QUARTER 4

MONTHLY PREVIEW

**October**

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 4

MONTHLY PREVIEW

**November**

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 4

MONTHLY PREVIEW

**December**

THIS MONTH'S INTENTION IS

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# QUARTER 4

## OVERVIEW

RECAP

BIG WINS!

LOOKING AHEAD

MORE OF THIS:

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LESS OF THIS:

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MOMENT OF GRATITUDE

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# YEAR END OVERVIEW

## HIGHLIGHTS OF THE YEAR

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- 3 

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- 4 

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- 5 

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- 6 

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## WHAT IS SOMETHING NEW YOU'VE LEARNED?

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## WHAT WERE SOME OF THE CHALLENGES YOU FACED?

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## WHAT IS SOMETHING YOU ARE LOOKING FORWARD TO IN THE NEXT YEAR?

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