



MY INTENTION(S):



THE INTENTION:

POTENTIAL SMALL STEPS FOR THIS INTENTION:



SMALL STEPS I WANT TO TRY FOR THIS INTENTION:



THE INTENTION:

POTENTIAL SMALL STEPS FOR THIS INTENTION:



INTENTION
setting

**PART FIVE: *keeping the momentum with
your intentions worksheet***

SMALL STEPS I WANT TO TRY FOR THIS INTENTION:



THE INTENTION:

POTENTIAL SMALL STEPS FOR THIS INTENTION:



SMALL STEPS I WANT TO TRY FOR THIS INTENTION:



intention + small step tracker

WEEK OF: _____

DATE:	DATE:
DATE:	DATE:
DATE:	DATE:
DATE:	NOTES, REFLECTIONS AND MORE



intention + small step tracker

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