

# Intentions Planner



Name: \_\_\_\_\_

Date / Week: \_\_\_\_\_

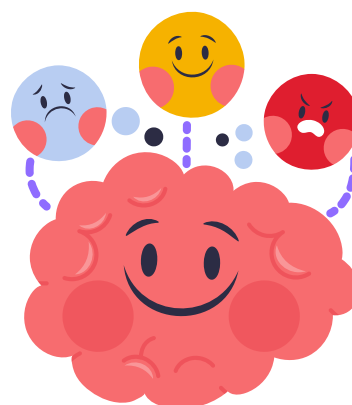
## My Intentions

What do I want to focus on today / this week?

## How I want to Feel

Choose or write how you want to feel:

- Calm
- Focused
- Confident
- Balanced
- Motivated
- Energized
- Peaceful
- Other: \_\_\_\_\_



## Top Priorities

What are my top 3 priorities?

---

---

---

## Aligned Actions

What actions will help me stay aligned with my intentions?

---

---

---

## Barriers & Support

What might get in the way?

---

How can I support myself through it?

---

## Reflection

Did I stay aligned with my intentions?

---

What went well?

---

What can I improve next time?

---

*"Move with intention. Focus on what truly matters."*