

INTENTION JOURNAL

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My intentions for the next month:

INTENTION JOURNAL

My intentions for the next year:

INTENTION JOURNAL

Date: _____

A positive intention/thought I will focus on today:

This daily intention will further the following long-term intention:

INTENTIONS

Why is this daily intention important?

How do I want to do this?

A negative thought I will avoid today:

How do I intend to live my life today:

At the end of the day, reflect on your intention. How did you do? Which of your actions, behaviors and thoughts aligned with your intention and which ones didn't?

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Describe any accomplishment today:

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