

Intention Worksheet

Intention + Attention = Manifestation

Today's Date _____ Target Date _____ Date Achieved _____

What do I want? (Intention/goal)

How will I know when I have it? _____

Possible Obstacles/Stops

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What Resources Will Support Me?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Intention Worksheet

Specific Action Steps (Attention)	Target Date	Date Reviewed	Date Completed
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____

Method of Tracking _____

My Affirmation to Support Achieving this Intention

Achievement Celebration _____
