




MONTH _____

my intention planner

MY INTENTION FOR THIS MONTH IS: _____

Now, commit to 3 daily habits you will adopt or actions you will take that will help you to work towards your monthly intention. Write them in the space below.

 HABIT #1 	 HABIT #2 	 HABIT #3
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MY CRYSTAL TO STAY ON TRACK IS: _____

MONTH _____

my intention tracker

Write your 3 daily habits you committed to on the page prior in the lines below, as well as in the key at the bottom of the page. Choose 1 color for each habit to use on your tracker. Fill in that color in the key as well. At the end of each day of the month, find the corresponding date on the outside of the circle. Take a moment to reflect on your 3 habits. If you feel that you successfully fulfilled your commitment to that habit on that day, color in the corresponding square. If not, leave that square blank.

The tracker consists of a large circle divided into 31 segments, each representing a day of the month. The days are numbered from 1 to 31, starting from the top and moving clockwise. Each day segment is further divided into three smaller squares, representing three different habits. A key section is located in the center of the circle, with the word "key" written above it. The key consists of three empty squares, each followed by a horizontal line for labeling the habit. The days 1 through 5 are pre-filled with horizontal lines, corresponding to the lines in the key.

At the end of the month, take a moment to reflect on your tracker. Notice how many squares are filled and colored in. Is it more one color than another? Observe the blank squares and notice where in the month you fell off track. This exercise helps you to take your intention day-by-day and notice patterns to keep growing and evolving each month.