

# Write Your Intention:

1

WORD:

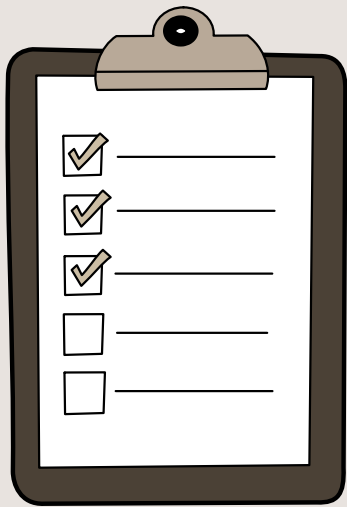
\_\_\_\_\_



INTENTION:

2

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



3

BIG PICTURE GOALS:

- \_\_\_\_\_
- \_\_\_\_\_

SMART GOALS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



4

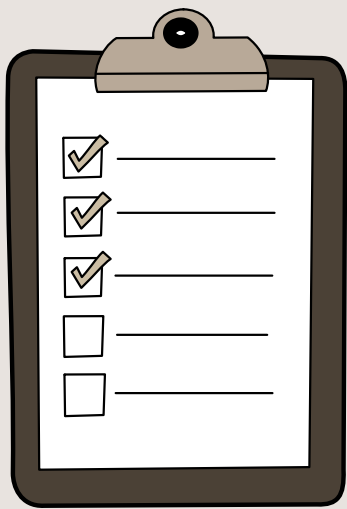
HABIT/ROUTINE:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Example:

1

**WORD:**  
COURAGEOUSLY



3

## **BIG PICTURE GOALS:**

- I WANT TO SELF-PUBLISH A BOOK.

## **SMART GOALS:**

- TO UNDERSTAND HOW TO SELF-PUBLISH, I WILL SIGN UP FOR A COURSE.
- I WILL HAVE A DRAFT OF MY BOOK READY IN 4 MONTHS.
- I WILL HAVE A SELF-PUBLISHED BOOK IN 6 MONTHS.

4

## **HABIT/ROUTINE:**

- I ATTEND A WEEKLY COURSE.
- I SPEND 30 MINUTES WRITING EVERYDAY.
- I POST MY WRITING ON SOCIAL MEDIA THREE TIMES A WEEK TO HOLD MYSELF ACCOUNTABLE AND GET FEEDBACK.



2

## **INTENTION:**

FOR SO LONG, I'VE LET MYSELF HIDE AWAY FROM FEAR OF THE UNKNOWN. SO COURAGEOUSLY IS THE WORD I CHOOSE BECAUSE IT REMINDS ME OF HOW I WANT TO LIVE.

