

WHAT'S YOUR WORD?

IGNITE YOUR INTENTION

Oftentimes, we get so caught up with checking goals off a list that our resolutions start to feel like *obligations*. Setting an intention, however, is like having a built-in lighthouse - it will be there to guide you and keep you on track toward accomplishing your goals without feeling pressured to accomplish them within a set timeframe. *Print out this worksheet so you can write down your goals and keep track of your progress along the way!*

Start with Why

With every goal you have, ask yourself the following questions. Your answers might surprise you - there may be a lot more to this resolution than meets the eye. What you uncover from this is your *intention*.

What is your goal? _____

Why do you want to achieve this goal?

What is stopping you from reaching this goal?

What WORD will remind you to continually work toward this goal?

Visualize the Future

What would it feel like to be on your dream vacation? How would you feel after achieving your fitness goal? What would your day look like with a routine of healthy habits? This exercise is powerful because it can make the seemingly impossible, possible. When we visualize the future as the present, we are closing the mental gap of who we are and who we strive to be. The moment you set this goal, you are now the person who has achieved it.

What is the significance of accomplishing your goal?

What's the biggest fear standing in your way? *(i.e. failure, self-consciousness, rejection, etc.)*

How do you feel at the finish line? *(i.e. confident, loved, accomplished, etc.)*

How does accomplishing this goal help you fulfill your WORD or intention?

What does your future look like with this goal accomplished?

What are the positive changes that this goal has helped you make?

Celebrate Mini Victories

If a resolution is the ultimate goal, and intentions are the stepping stones to get there, then mini-goals are the path you pave. Set up 3-month-goals along the way to find what fits and what doesn't. Celebrate your progress throughout the journey! Having these little goals throughout the year is a great way to check-in with yourself and your intentions.

What is one goal you can accomplish in 3 months? *(i.e. signing up for a 5K, lowering your cholesterol, reading a new book, etc.)*

Who can you share this goal with to help you stay accountable? *(i.e. your partner, family, best friend, boss, coworker, etc.)*

What is one small step you can take right now to make this journey a little less scary? *(i.e. keeping a journal, logging your progress, asking someone to be a training buddy, signing up for classes, etc.)*

Progress Report

Throughout the journey, every step is a victory, and every victory is part of your intention. Keep track of your progress, not just to mark the completion of tasks, but also to note emotions that arise. If something isn't working, it is in this progress report that you can acknowledge it and work through it.

WEEK OF: _____

What goals this week will help you work toward your 3-month-goal? *(i.e. running 10 minutes every day, eating a salad for lunch, etc.)*

What will it take to complete this week's goals? *(i.e. Getting an app that connects with social media to keep me accountable, finding fun salad recipes, etc.)*

END OF THE WEEK:

Did you accomplish your goal for this week? _____

If yes, how will you celebrate? *(i.e. go out with friends, purchase new running shoes, post your progress on social media, etc.)*

If no, what stopped you from accomplishing this goal? *(i.e. time, emotions, sickness, etc.)*

What did you learn about yourself this past week?
