



REFELCTION

Praises and Pits

Let's set our minds on who we want to become. Friends, we all have one big-picture purpose: Go and teach (Matthew 28:16-20). The fun part is learning how to combine all of your gifts, talents, and passions to creatively design a life you love while fulfilling your purpose. It's the collection of days honoring and seeking His will that is what we should strive for. Let's not waste a single moment to grow, refine, and celebrate this gift of life! Ready? Let's start by refelcting on the progress of the steps you've started to take.

PRAISE! What worked for me last month? I need to do more of these things:

PITS What did not work for me last month? These things no longer serve me:



SPIRITUAL APPLICATION

Faith + Action

Let's refine what God is revealing to you by breaking down big picture things into small action steps you can do this month.

Q Who I want to become spiritually:

Q How will this bring joy to my life or others?

Q Ways I can do this; People who can help me:

Q Refine your spiritual intentions. What can you add into your days and how often will you do each action?

If this is a once per month intention, set the date and put it in your calendar.

I will do this
daily, weekly, or on date:

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RELATIONAL APPLICATION

Faith + Action

Let's refine what God is revealing to you by breaking down big picture things into small action steps you can do this month.

Q Who I want to become relationally:

Q How will this bring joy to my life or others?

Q Ways I can do this; People who can help me:

Q Refine your spiritual intentions. What can you add into your days and how often will you do each action?

If this is a once per month intention, set the date and put it in your calendar.

I will do this
daily, weekly, or on date:

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HEALTH APPLICATION

Faith + Action

Let's refine what God is revealing to you by breaking down big picture things into small action steps you can do this month.

Q Who I want to become physically, emotionally, or mentally (define what a healthy lifestyle looks like for you):

Q How will this bring joy to my life or others?

Q Ways I can do this; People who can help me:

Q Refine your spiritual intentions. What can you add into your days and how often will you do each action?

If this is a once per month intention, set the date and put it in your calendar.

I will do this
daily, weekly, or on date:

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PROFESSIONAL APPLICATION

Faith + Action

Let's refine what God is revealing to you by breaking down big picture things into small action steps you can do this month.

Q Who I want to become professionally:

Q How will this bring joy to my life or others?

Q Ways I can do this; People who can help me:

Q Refine your spiritual intentions. What can you add into your days and how often will you do each action?

If this is a once per month intention, set the date and put it in your calendar.

I will do this
daily, weekly, or on date:

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monthly intentions

Take up to 5 of your intentions per category and transfer them here or directly into your Intentional Planner. You don't need to fill in every space every month. What has God put on YOUR heart?

SPIRITUAL

I will do this
daily, weekly, or on date:

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RELATIONAL

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HEALTH

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PROFESSIONAL

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You can do ALL things with God in your corner, strengthening you.

excited for you, friend!