WORKSHEET - Setting Intentions

Self-Reflection:
What did I absorb from reading this book?
Review notes from previous worksheets
How do I want to transform this information into action?
Who else needs to be involved?
When do I want to accomplish this?

Intentions:
Describe each intention in detail
Set a specific date to complete each intention
Put the completion dates on your calendar
Review intentions quarterly
Congratulate yourself on completion

Date	Intention	Timeline