

MY

Intentions

Script

2015

1

This _____, I am excited to _____ work on these things.

*
*
*

2

First I will tackle _____, then focus my energy on _____ and _____. I plan to work on these things _____ when I am at my best!

3

I am confident because I have these resources to support me. _____, _____, _____. I can call on _____ for back up, they make me _____.

4

_____ is important to for me to make a priority right now because _____.

5

Even if _____ happens, I will keep going because _____.

Start Now!

I'll show you how!

1

Pick a few things you are excited to start/finish/continue to work on for a week/month/year.

2

What will you start with? Then move onto next? When is your ideal working time?

3

What resources can you use for support? (blogs, people, books), Who is your accountability partner? Why?

4

Restate your goal and remind yourself of your why!

5

Can you predict possible challenges and how you will handle them?

