



# *intentions*

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE AN INTENTION OR GOAL FOR EACH CATEGORY.

	<b>what I'm doing well</b>	<b>where I need improvement</b>	<b>my intentions</b>
FAMILY			
FRIENDS			
WORK/ SCHOOL			
SELF CARE			
MENTAL HEALTH			
SPIRITUALITY			