



What I deeply value today

A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Project 1:** \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Value:** A-B-C **Priority\*** E-I-M

**Project 2:** \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Value:** A-B-C **Priority\*** E-I-M

**Project 3:** \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Value:** A-B-C **Priority\*** E-I-M

## MY SCHEDULE IS AN EXTENSION OF MY INTENTIONS

People to Connect w/ Today and Desired outcome

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

Things to check off of my list  
(Not necessary but important to me)

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## What I will do to enjoy life and celebrate it Today

(Things I like to do that give me life as a reward for being intentional)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## My Purpose for this season in life is:

(Everything on this page should be aligned with this statement)

“ \_\_\_\_\_ ”  
\_\_\_\_\_