

monthly intention setting prompts

Month _____

Year _____

What badassery are you going to accomplish this month?

How do you want to feel this month? What intentions can you set to work towards that feeling? For example, if you've been feeling stressed out by all your commitments, your intention could be to say "NO" to more things.

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What milestones do you want to reach in the next 30 days? What intentions can you set to help you meet these milestones? Remember, your intentions are about YOU. One milestone can be professional, but keep the rest focused just on you feelin' good and living your best life.

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Now let's find a theme. What's your mantra for the month? What is your word of the month? What kind of vibe do you want to feel? Come back to these over the month to ground you to your goals.

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monthly intentions

mantra

word

vibe

at the end of this month how do you want to feel?

intention

intention

intention

intention

