



4 STEPS TO LIVING WITH INTENTION

1. Visualize Your Dream

Describe your ideal life in detail. What would you be doing, where would you live, who would you be with, and why would this bring you happiness.

2. Realize Your Values

What do you value most in life? This could be anything from financial security, world travel, charity work, friends/family, or anything you find important in your life. List these values below.

3. Discover Your Purpose

Taking into account your life's vision and core values, describe your life's purpose below.

4. Analyze and Improve

Below you'll find a list of habits and improvements. List habits that aren't conducive to your life's vision on the left-hand side and improvements you will make on the right.

HABITS

IMPROVEMENTS

Living with Intention

Living with intention puts you in control of your life. You're not bound to the circumstances given to you and each day is an opportunity to create your vision. With each passing day you take action on your dreams and start building your future brick by brick.