

# INTENTIONAL LIVING *GUIDE*

MONTH: \_\_\_\_\_

Intentional living is a lifestyle choice. If you're choosing to live your life with intention, it means that you're conscious of the choices you make and how they reflect the changes you'd like to see in your life. The purpose of this worksheet is to choose one or two intentions you'd like to set in your life for the month according to the categories. By writing down intentions and acknowledging the goal you have set out to achieve, you're actively and presently thinking about reaching towards its accomplishment at the end of the month. The Intentions Menu is meant to guide you through your month by completing some of the tasks listed to reinforce and promote an intentional life. You can learn more about this topic by visiting *La.Rue* and searching for *Intentional Living*. I wish you the best of luck in creating change in your life and beginning to live intentionally.

## MIND / BODY

*Intentions set for strengthening*

---

---

---

---

---

---

## CAREER / EDUCATION

*Intentions set for growing*

---

---

---

---

---

---

## SELFCARE / RELAXATION

*Intentions set for healing*

---

---

---

---

---

---

## LIFESTYLE DEVELOPMENT

*Intentions set for personal improvement*

---

---

---

---

---

---

## EXPERIENCE

*Intentions set for action*

---

---

---

---

---

---

## INTENTIONS MENU

- |                                       |  |  |
|---------------------------------------|--|--|
| <input type="checkbox"/> Meditation   | <input type="checkbox"/> Morning Routine     | <input type="checkbox"/> Call a friend |
| <input type="checkbox"/> Exercise     | <input type="checkbox"/> Night Routine       | <input type="checkbox"/> Watch a Movie |
| <input type="checkbox"/> Relax        | <input type="checkbox"/> Go on Walk          | <input type="checkbox"/> Read a Book   |
| <input type="checkbox"/> Journal      | <input type="checkbox"/> Homemade Dinner     | <input type="checkbox"/> Drink Water   |
| <input type="checkbox"/> Yoga         | <input type="checkbox"/> Shut down Devices   | <input type="checkbox"/> Swimming      |
| <input type="checkbox"/> Coffee / Tea | <input type="checkbox"/> Enjoy glass of Wine | <input type="checkbox"/> Plan Week     |