

# WEEKLY INTENTIONS

Answer the questions below *honestly*.

For this to be helpful you need to set out what you need to do to reach your goals, considering what might be holding you back, and then stick to it.

Each week, complete these questions again and reset your intentions.

## Answer these EVERY Monday:

- What were your 3 intentions last week?
- Did you stick to your intentions? (Be specific - i.e. If your intention was to hit your step goal daily and you didn't, note down how many days you did vs how many days you didn't)
- What enabled you to succeed with this intention? (Be specific - how did you tick this box? Do MORE of this!)
- What held you back from hitting your intentions? (Be specific - what could you have done differently to tick this box?)
- What was your biggest win last week?
- What is your overarching goal? (The biggie, the main health and fitness goal)
- Are your actions currently in line with reaching this goal?
- How are you limiting yourself from reaching your current goals?
- 3 things you are going to do this week to help you to move closer to your goal: (These are your intentions - be specific. What are they and how are you going to achieve them this week)
- If every week was like last week would you be setting yourself up for success with your overarching goal?

Setting these intentions isn't magical.

They require you to take ACTION! You have set out what you need to do, now you need to set about actioning that this week.

Setting goals doesn't do anything unless you put in the work.