

secondactinspiration

2 0 2 4

7 DAY INTENTION CHALLENGE

RENEW & REDISCOVER!

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As you begin the challenge, consider the following:

- The person you want to become
- Your attitude toward other people
- What do you need to do in order to commit to living your life to the fullest
- Who can support you in achieving and accomplishing what you want in 2024

Be concise in writing your intentions .

Write your intentions as if they are already true.

Day 6 is a workout routine. We encourage you to incorporate some form of exercising daily.

Remember to use the Intention Journal beginning on page 10 to set your daily intentions.

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Day 2: Choose a symbolic way to release what you wrote.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Your Core & Value Words

Day 3: What are your core values? How do they align with what matters most to you?
(See examples of Core Value words on page 7)

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NOTES:



Examples of Core & Value Words

| | | | |
|-----------------|---------------|--------------|-----------------|
| Ability | Clarity | Family | Leadership |
| Affection | Cleverness | Far-sighted | Loyalty |
| Abundance | Competence | Fearlessness | Love |
| Adaptability | Conviction | Fitness | Open-mindedness |
| Achievement | Daring | Flexibility | Optimism |
| Approachability | Decisiveness | Fortitude | Passion |
| Adventure | Dependability | Fun | Persistence |
| Awe | Determination | Gallantry | Reliability |
| Balance | Directness | Genuineness | Resolve |
| Blissfulness | Drive | Giving | Self-reliance |
| Being-ness | Duty | Grace | Service |
| Belonging | Efficiency | Gratitude | Skillfulness |
| Benevolence | Elegance | Growth | Spontaneity |
| Boldness | Empathy | Helpfulness | Stability |
| Bravery | Enlightenment | Honesty | Teamwork |
| Buoyancy | Excellence | Honor | Tenacious |
| Calmness | Faith | Integrity | Thorough |
| Capability | Fairness | Justice | Thoughtful |
| Caring | Fair-minded | Kindness | Trustful |



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My Intentions for 2024

Day 5: Future Planning: Think about the person you want to be in each area rather than the goals you want to accomplish. Put a check next to the ones you can begin now.

Professional

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Personal

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Health

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Financial

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Relationship

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Passion /Hobby

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Workout Routine

Day 6: Incorporate 30 minutes of exercising each day.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

NOTES:



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Intention Journal

Date

What is your intention for today?

Today's Affirmation

Achievements of the day

Challenges of the day

What can I do to make tomorrow better than today?



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