

# Weekly Intention Setting Worksheet

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## Set the Stage: Your Week's Intentional Symphony

Ignite your week with a heightened sense of purpose! This isn't about going through the motions; it's about orchestrating a life you're passionate about. Let this worksheet serve as your conductor's baton.

## Part 1: The Heartbeat of Your Week: Your Theme

Weekly Theme:

*This isn't just a focus; it's a declaration! What rallying cry or mantra are you embracing this week?*

Your Weekly Theme: \_\_\_\_\_

**The Why Factor:** *What's powering this choice? Feel the alignment with your larger life's purpose.*

## Part 2: Your North Star Goals: Your Week's Non-Negotiables

Priority #1:

Unyielding Goal: \_\_\_\_\_

*Soul of the Goal: Feel the heartbeat of this goal. Why does it resonate so deeply with you?*

Priority #2:

Unyielding Goal: \_\_\_\_\_

**Soul of the Goal:** *Again, let's dive into the 'why.'*

(And so forth for additional priorities.)

## **Part 3: Your Daily Power Plays**

Monday:

The Day's Cornerstone Goal: \_\_\_\_\_

**Your Game-Changing Actions:**

**Your Daily Victory Dance:** *Savor your triumphs! How did you champion your day's intention and theme?*

(Proceed with this layout for each day of the week.)

## **Part 4: Your Intentional Victory Lap: Reflect, Recharge, and Reframe**

**Your Weekly Wins: Celebrate with Gusto!**

**Don't just list them—feel them!**

**The Learning Curve: Your Wisdom Dossier**

**Golden nuggets of wisdom unearthed this week.**

**Ignite Your Next Week: Your Intentions Preview**

**A dynamic glimpse of the force you aim to be in the coming week.**