



# 2019

## INTENTIONS & GOALS

THEME OF 2019 IN ONE WORD: \_\_\_\_\_

I WANT 2019 TO FEEL LIKE \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TOP 10 GOALS FOR 2019

TOP 10 INTENTIONS FOR 2019

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

10. \_\_\_\_\_

# 2019

## INTENTIONS & GOALS

JANUARY 2019

TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

FEBRUARY 2019

TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

MARCH 2019

TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# 2019

## INTENTIONS & GOALS

APRIL 2019

TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

MAY 2019

TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

JUNE 2019

TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# 2019

## INTENTIONS & GOALS

JULY 2019

TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

AUGUST 2019

TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

SEPTEMBER 2019

TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# 2019

## INTENTIONS & GOALS

### OCTOBER 2019

#### TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### NOVEMBER 2019

#### TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### DECEMBER 2019

#### TOP 3 GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### TOP 3 INTENTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



...THIS OR SOMETHING  
BETTER.