



# Thriving Like Me

## Intention-Setting Exercise

Setting goals is one of the best ways to put intention into action, and become the person you want to be. Use this step-by-step guide to planning for the future you want, and reflect on it three months from now to see how far you've come!

### Values → Intention → Actions → Goal

Picture yourself three months from now: What's important to you? What do you **value** most?

With this in mind, identify an **intention** that lines up with what you value. To do this, picture yourself living in such a way that it's obvious what's most important to you. How are you showing up every day in the world?

Now, imagine three specific things you envision you will be doing on most days that will **bring this intention to life**.

1

2

3

Choose one of the **actions** you identified. Now, set one specific, truly doable step you can take this week.



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Finally, identify **one thing you can do or one resource you can rely on** that will support you in taking this step so you'll be more likely to succeed.

## My commitment to myself

Over the next 3 months, what matters to me most is

Therefore, my intention is to show up every day in the world as someone who

To bring this intention to life, I will do , , and  on most days.

Starting today, I will focus on  and the first step I will take this week is

To help me successfully accomplish this first step, I will