

# 7 Days of Setting Intentions for December 7th to 13th

..... Ordinary & Happy .....

|             |    |  |                          |
|-------------|----|--|--------------------------|
| S<br>U<br>N | 7  | <b>Day to reflect.</b><br>Look back at last week's 'what to leave behind' ideas and summarize your journaling and findings.  | <input type="checkbox"/> |
| M<br>O<br>N | 8  | <b>What mattered most to you this year.</b><br>Start with specific and very vivid memories you have of the year that bring you joy. Often, these memories will mean something to you for some important reason.  | <input type="checkbox"/> |
| T<br>U<br>E | 9  | <b>Three things you want to prioritize more in life.</b><br>These can be actions, like 'being more compassionate' or 'prioritizing family time', big goals you have, or very specific things, like 'daily evening walks'.  | <input type="checkbox"/> |
| W<br>E<br>D | 10 | <b>Three core values to align your actions to.</b><br>Examples of core values could be integrity (acting with honesty), compassion (showing understanding and kindness to others), or togetherness (building memories and doing as much as you can with family), for example.  | <input type="checkbox"/> |
| T<br>H<br>U | 11 | <b>How you can connect and spend time with people you care about most.</b><br>Think about weekly or monthly routines you could implement, like regular online calls or coffee catchups. If life is busy, start with regular texts and messages.  | <input type="checkbox"/> |
| F<br>R<br>I | 12 | <b>Experiences you want to have next year.</b><br>For balance, choose something from your bucket list and a few ideas closer to home. That way, you can strive for a once-in-a-lifetime experience, like a vacation, but also be able to plan and explore more realistic ideas, like local events or visiting nearby places. | <input type="checkbox"/> |
| S<br>A<br>T | 13 | <b>Things you can make progress in and track that progress.</b><br>Get specific with these ideas. Rather than say 'improve fitness', say 'go to a specific gym class every week', for example. You can easily track the progress of that goal.   | <input type="checkbox"/> |