

Intention-Based Value Living

CORE VALUE # 1

1.

MY DEFINITION for Core Value # 1:

What would I need to do to LIVE Value # 1?

What Rituals could you adopt to turn this value into a Habit?

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CORE VALUE # 2

1.

MY DEFINITION for Core Value # 2:

What would I need to do to LIVE Value # 2?

What Rituals could you adopt to turn this value into a Habit?

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CORE VALUE # 3

1.

MY DEFINITION for Core Value # 3:

What would I need to do to LIVE Value # 3?

What Rituals could you adopt to turn this value into a Habit?

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CORE VALUE # 4

1.

MY DEFINITION for Core Value # 4:

What would I need to do to LIVE Value # 4?

What Rituals could you adopt to turn this value into a Habit?

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CORE VALUE # 5

1.

MY DEFINITION for Core Value # 5:

What would I need to do to LIVE Value # 5?

What Rituals could you adopt to turn this value into a Habit?

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MONTHLY PLAN

- Review your previous month
- Remove non-related tasks
- Carry over important uncompleted tasks
- Identify your most important tasks that you are CHOOSING to do
- Update your calendar / appointment book / day timer...

MONTH: _____

TASKS

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WEEKLY PLANNER

- Review your previous week
- Review your values
- Review your steps, rituals & habits
- Write one bit 'rock' or action pertaining to each value
- Schedule these 'rocks' into your week
- Write down your additional roles, tasks, to-do's for the week

WEEK OF: _____

MY VALUES

- 1.
- 2.
- 3.
- 4.
- 5.

TASKS for the week

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DAILY PLANNER

I am grateful for _____

Most Important Tasks for the day:

- 1.
- 2.
- 3.

Miscellaneous Tasks for the day: