

INTENTIONAL LIVING

HOW TO USE *YOUR SHEETS*

A SIMPLE RHYTHM FOR LIVING WITH INTENTION.

01

SELF-CARE SHEET

- ☐ Use in the morning or evening.
- ☐ Choose the practices that support you today.
- ☐ Check off each action as you complete it.
- ☐ Record your sleep, water, workout, and mood.
- ☐ Notice what made you happy.

02

LINED JOURNAL SHEET

- ☐ Add the date at the top.
- ☐ Pause for five to ten quiet minutes.
- ☐ Answer the prompt: How was your day?
- ☐ Write honestly without judging yourself.
- ☐ End with one lesson or moment of gratitude.

03

SUNDAY RESET SHEET

- ☐ Complete this sheet every Sunday.
- ☐ Reset your space, mind, and body.
- ☐ Review your goals and prepare your week.
- ☐ Choose your priorities and protect your time.
- ☐ Read the affirmation aloud before you finish.

YOUR INTENTIONAL RHYTHM



MORNING OR EVENING
• SELF-CARE •



NIGHTLY REFLECTION
• JOURNAL •



EVERY SUNDAY
• RESET •

*Small intentional choices
create a meaningful life.*

— DR. KEITH HARLEY



YOUR PRESENT SITUATION IS NOT YOUR FINAL DESTINATION.