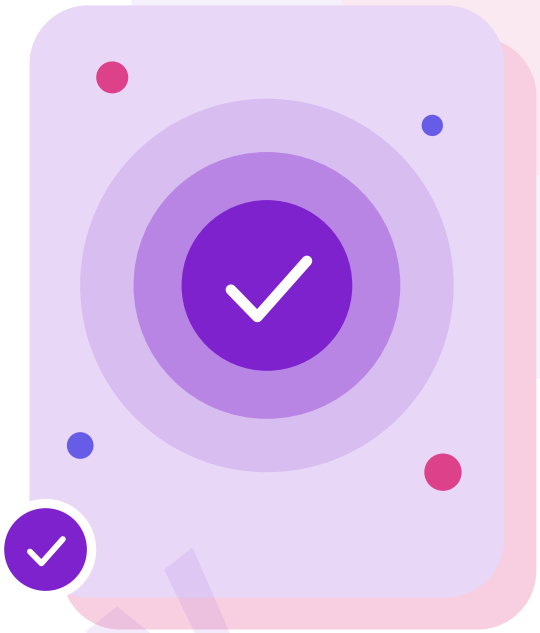
CHECKLIST · PERSONAL DEVELOPMENT

FREE PREVIEW

Setting Monthly Intentions



Setting monthly intentions helps you stay aligned with your goals and values. Use this checklist to create purposeful and achievable intentions each month.

10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Reflect on the Previous Month

Review what went well, what didn't, and lessons learned.

TIP *Use a journal to document insights.*

2 Identify Your Priorities

Choose 1-3 key areas to focus on for the month.

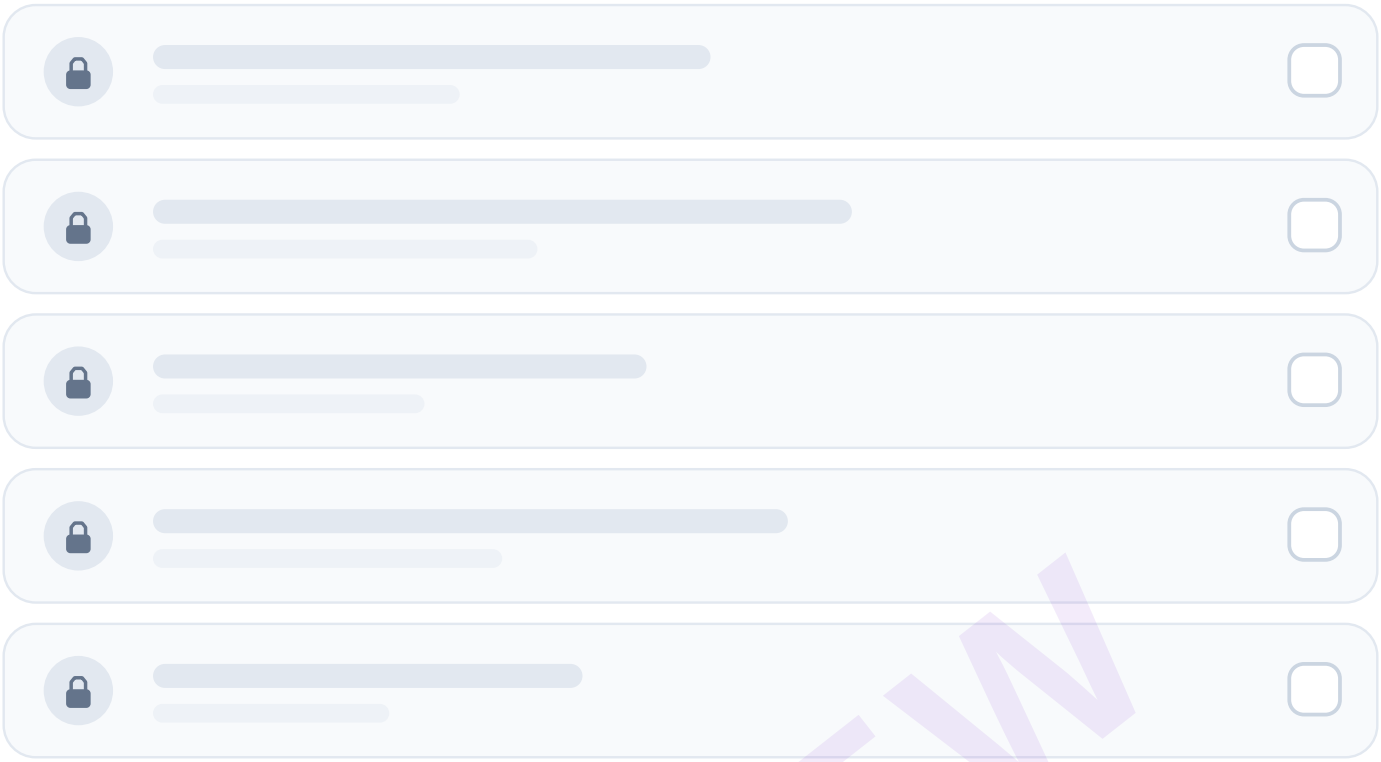
EXAMPLE *Health, career, or relationships.*

3 Set Specific Intentions

Create clear, actionable intentions that align with your priorities.

EXAMPLE *"This month, I will exercise three times a week."*

PREVIEW



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PREVIEW