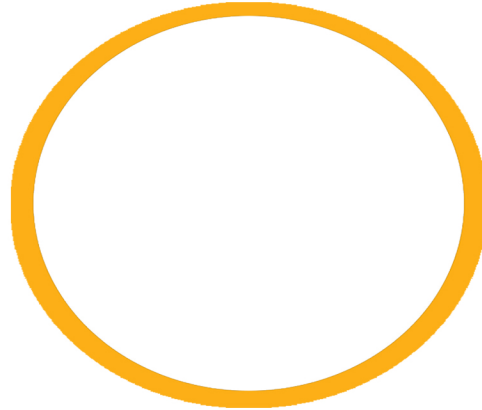




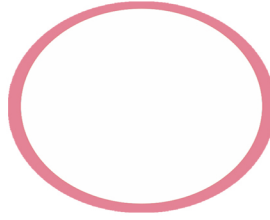
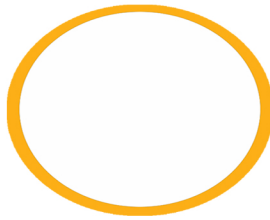
TURN INTENTIONS INTO ACTIONS WORKSHEET

INTENTION: WHAT ONE THING HAVE YOU BEEN INTENDING TO DO
BUT JUST HAVEN'T?

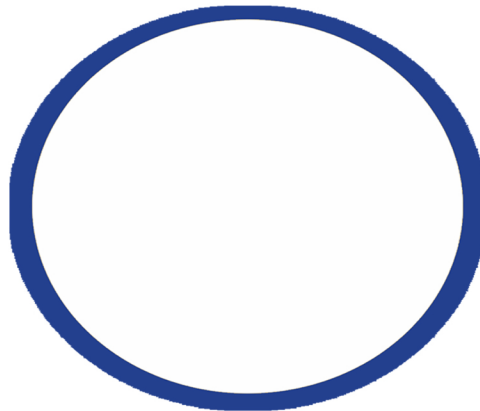


WHAT IS BLOCKING/STOPPING YOU?

WHAT MINI ACTION STEPS DO YOU NEED TO TAKE?



FIRST STEP:



WHEN ARE YOU GOING TO DO IT? (DATE, TIME, PLACE ETC.)