

Date:

Target Focus

Intention

Mantra

Action

Target Aspirations

Priority

Fellowship

Tasks



Practices

Self Practice

Life Shaping

Vital Practice

Project

Sacred Practice

Aspirations

What Tasks or activities would support experiencing my desire?

Nuture

What ways can I make it a point to nurture myself?

Spirituality

What would I like to focus on that would enhance my spiritual growth?



Balance

Recreation

What activities can I engage in that nourish me and re-charge my battery? What fun can I engage in?

Stimulation

What activities can I engage in that stretch me and keep me growing?

Fellowship

Who do I want to connect with and/or spend time strengthening relationship/friendship with?

Self Expression

How may I more fully express myself and who I am that enhances my personal growth?

