# gritention-setting

MY INTENTION FOR THIS JOURNEY IS:

I embrace change with enthusiasm and optimism.

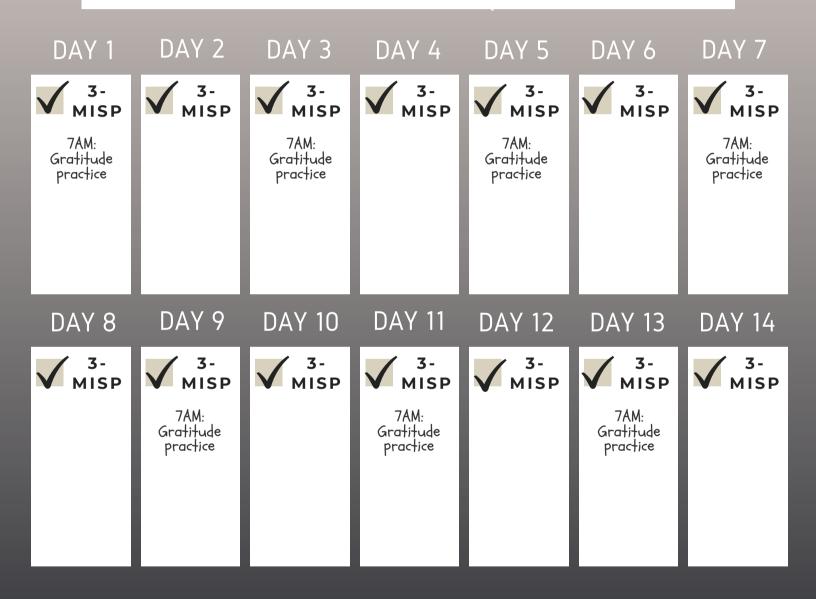
	S	М		W	Т	F	
WEEK 1	1	2	3	4	5	6	7
	•						
WEEK 2	8	9	10	11	12	13	14
WEEK 3	15	16	17	18	19	20	21
WEEK 4	22	23	24	25	26	27	28
					Control of the second		
WEEK 5	29	30	31	32	33	34	35
WEEK 6	36	37	38	39	40	41	42
WEEK 7	43	44	45	46	47	48	49
WEEK 8	50	51	52	53	54	55	56
						CKB KA	

INSTA:
@GRITBYNAME
GRITBYNAME.COM

## phase one: week 1-2

#### MY NEW INTENTION APPLICATION FOR PHASE 1 IS:

Integrating a gratitude practice centered around my new living conditions. Every other day, I will jot down three things about Cheyenne and/or winter for which I am grateful. (estimated time: 2-5 min)



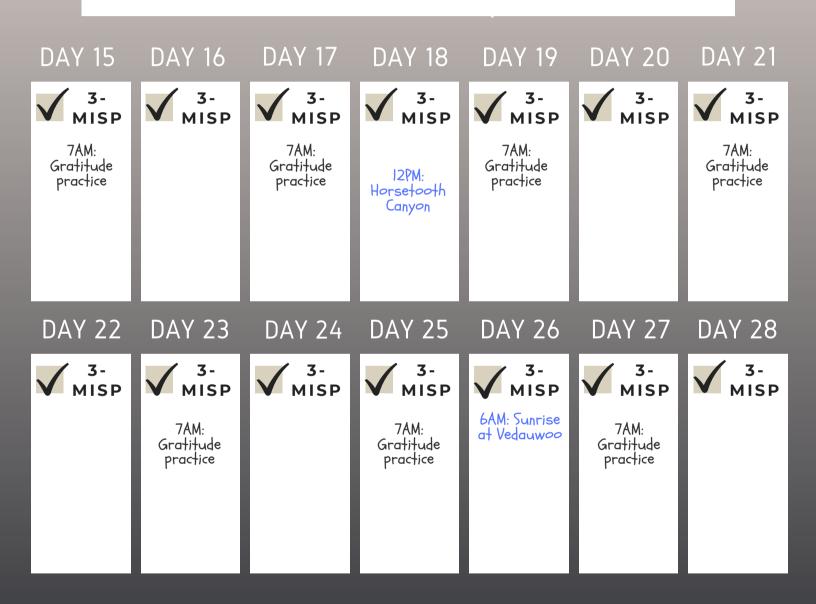
### END OF PHASE REFLECTION:

Is this application of your intention serving you? If so, add it to the Phase 2 calendar (next page). If not, why? Can you adjust it to better suit you and your intention? Don't be afraid to listen to your intuition and scrap this phase's application entirely!

### phase two: week 3-4

MY NEW INTENTION APPLICATION FOR PHASE 2 IS:

Once during the work week, I will visit somewhere new and inspiring that is driving distance from my new home.



### END OF PHASE REFLECTION:

Is this application of your intention serving you? If so, add it to the Phase 3 calendar (next page). If not, why? Can you adjust it to better suit you and your intention? Don't be afraid to listen to your intuition and scrap this phase's application entirely!

# phase three: week 5-6

MY NEW INTENTION APPLICATION FOR PHASE 3 IS:

Find a volunteer opportunity in the community, and try to get involved on a once-a-week basis.

**DAY 30 DAY 31 DAY 32 DAY 33** DAY 34 **DAY 35 DAY 29** 7AM: 7AM: 7AM: 7AM: Gratitude Gratitude Gratitude Gratitude 12PM: Climb practice practice practice practice Turtle Rock SPM: Black Dog Animal Rescue **DAY 36 DAY 37 DAY 38 DAY 39 DAY 40 DAY 41 DAY 42** MISP 12PM: Poudre 7AM: 7AM: 7AM: Gratitude Canyon, CO Gratitude Gratitude practice practice practice SPM: Black Dog Animal Rescue

### END OF PHASE REFLECTION:

Is this application of your intention serving you? If so, add it to the Phase 4 calendar (next page). If not, why? Can you adjust it to better suit you and your intention? Don't be afraid to listen to your intuition and scrap this phase's application entirely!

# phase four: week 7-8

MY NEW INTENTION APPLICATION FOR PHASE 4 IS:

Take a half hour walk 2-3x a week with my DSLR camera to capture unexpected beauty that this town & winter have to offer.

DAY 43 DAY 44 DAY 45 DAY 46 DAY 47 DAY 48 DAY 49

√3-MISP

> 7AM: Gratitude practice

3-MISP

12PM: DSLR to 4-mile Drive 3-MISF

7AM: Gratitude practice **V** 

3-MISP

12PM: Lunch Downtown Laramie

IPM: DSLR to Downtown Laramie 3-MISI

> 7AM: Gratitude practice

SPM: Black Dog Animal Rescue 3-MISE

8AM: DSLR to South Cheyenne WISP

7AM: Gratitude practice

DAY 50 DAY 51 DAY 52 DAY 53 DAY 54 DAY 55 DAY 56

3-MISP

6AM: Sunrise at Curt Gowdy Park

7AM: DSLR to Curt Gowdy Park 3-MISP

> 7AM: Gratitude practice

3-MISP

4PM: DSLR to Downtown Cheyenne 3-MISP

> 7AM: Gratitude practice

3-MISP

W MIS

SPM: Black Dog Animal Rescue 3-MISI

> 7AM: Gratitude practice

WISP

IT'S YOUR LAST REFLECTION!

Look at you, you resilient intention-setting rockstar! I hope you take a moment to thank yourself for the gift of an intentional and full 8-weeks. New challenges can be hard and scary, but you nailed it! Express some gratitude for yourself today, And make sure you give me a shout on Instagram so I can congratulate you personally!