

gritention-setting

MY INTENTION FOR THIS JOURNEY IS:

I embrace change with enthusiasm and optimism.

	S	M	T	W	T	F	S
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
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

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)

DAY 1

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 2

✓ 3-
MISP

DAY 3

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 4

✓ 3-
MISP

DAY 5

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 6

✓ 3-
MISP

DAY 7

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 8

✓ 3-
MISP

DAY 9

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 10

✓ 3-
MISP

DAY 11

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 12

✓ 3-
MISP

DAY 13

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 14

✓ 3-
MISP

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.

DAY 15

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 16

✓ 3-
MISP

DAY 17

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 18

✓ 3-
MISP

12PM:
Horsetooth
Canyon

DAY 19

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 20

✓ 3-
MISP

DAY 21

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 22

✓ 3-
MISP

DAY 23

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 24

✓ 3-
MISP

DAY 25

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 26

✓ 3-
MISP

6AM: Sunrise
at Vedaawoo

DAY 27

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 28

✓ 3-
MISP

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 29

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 30

✓ 3-
MISP

DAY 31

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 32

✓ 3-
MISP

12PM: Climb
Turtle Rock

DAY 33

✓ 3-
MISP

7AM:
Gratitude
practice

SPM: Black
Dog Animal
Rescue

DAY 34

✓ 3-
MISP

DAY 35

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 36

✓ 3-
MISP

DAY 37

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 38

✓ 3-
MISP

12PM: Poudre
Canyon, CO

DAY 39

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 40

✓ 3-
MISP

SPM: Black
Dog Animal
Rescue

DAY 41

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 42

✓ 3-
MISP

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

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 44

✓ 3-
MISP

12PM: DSLR to
4-mile Drive

DAY 45

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 46

✓ 3-
MISP

12PM: Lunch
Downtown
Laramie

1PM: DSLR to
Downtown
Laramie

DAY 47

✓ 3-
MISP

7AM:
Gratitude
practice

5PM: Black
Dog Animal
Rescue

DAY 48

✓ 3-
MISP

8AM: DSLR to
South
Cheyenne

DAY 49

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 50

✓ 3-
MISP

6AM: Sunrise
at Curt
Gowdy Park

7AM: DSLR to
Curt Gowdy
Park

DAY 51

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 52

✓ 3-
MISP

4PM: DSLR to
Downtown
Cheyenne

DAY 53

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 54

✓ 3-
MISP

5PM: Black
Dog Animal
Rescue

DAY 55

✓ 3-
MISP

7AM:
Gratitude
practice

DAY 56

✓ 3-
MISP

Congratulations

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!