

gritention-setting

MY INTENTION FOR THIS JOURNEY IS:

	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:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7



Use this space to schedule in your applications



DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14



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:

DAY 15

DAY 16


DAY 17

DAY 18

DAY 19


DAY 20

DAY 21

 **3-
MISP**


 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

DAY 22

DAY 23


DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

 **3-
MISP**


 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **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:

DAY 29

DAY 30


DAY 31

DAY 32

DAY 33

DAY 34


DAY 35

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

DAY 36

DAY 37


DAY 38


DAY 39

DAY 40

DAY 41

DAY 42

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **3-
MISP**

 **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:

DAY 43

DAY 44

DAY 45

DAY 46

DAY 47

DAY 48

DAY 49

3-
MISP

3-
MISP

3-
MISP

3-
MISP

3-
MISP

3-
MISP

3-
MISP

DAY 50

DAY 51

DAY 52

DAY 53

DAY 54

DAY 55

DAY 56

3-
MISP

3-
MISP

3-
MISP

3-
MISP

3-
MISP

3-
MISP

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!