



## INTENTIONS

### I INTEND TO DO, HAVE OR BE . . . IN THE NEXT 30 DAYS

You can answer this however suits you, these are *your* intentions! You might want to be thinking across the broader spectrum of your life or you may want to focus in on any one area. Here are some examples to stimulate your thinking: Have that important conversation with. . ., Write a health plan, Sign up for Weight Watchers, Be an active listener with my. . . boss, spouse, co-worker, child, etc., Prioritize my time, Eliminate what I do not absolutely need to do from my calendar, Research schools with my family, Plan my next vacation, Finish that project, Remove that project, Take a class, Give myself permission to. . . You get the idea.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

*Would you like to explore ways to accelerate your unique,  
mission-critical objectives with Michele?*



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*Intentions is one of several exercises found in Michele Lando's Toolkit at [skilset.com/toolkit](http://skilset.com/toolkit)*