

Living Intentional Planning Guide

STEP 1: Reference the categories below to spark reflection and begin clarifying your life values and priorities. Keep the following questions in mind: What do you value most in life? What does living an intentional life look like to you? When you look back on your life, how do you want to be remembered and what impact do you want to make?

Category	Define Priority/Goal <i>(Use 5 whys to help clarify your life values/priorities – see pg. 4)</i>	Living in alignment w/priority? Yes/No/Prioritize More	What do I need to start/stop/continue to bring this priority/goal to life?
Legacy			Stop: Start: Continue:
Passions			Stop: Start: Continue:
Dreams and goals			Stop: Start: Continue:
Relationships			Stop: Start: Continue:
<p>The 5 Whys Tip: Use the 5 whys to get to the root of what’s most important to you. After defining your priority at a high level, ask yourself “why” five times until you get to your final answer. See Appendix on page 4.</p>			



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STEP 1 Continued: Reference the categories below to spark reflection and begin clarifying your life values and priorities. Keep the following questions in mind: What do you value most in life? What does living an intentional life look like to you? When you look back on your life, how do you want to be remembered and what impact do you want to make?

Category	Define Priority/Goal <i>(Use the 5 whys to help clarify your life values/priorities – see pg. 4)</i>	Living in alignment w/priority? Yes/No/Prioritize More	What do I need to start/stop/continue to bring this priority/goal to life?
Health			Stop: Start: Continue:
Religion / Spirituality			Stop: Start: Continue:
Career			Stop: Start: Continue:
Finances / Financial Freedom			Stop: Start: Continue:



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STEP 2: Referencing your answers from Step 1 and 2, write the top three things you will commit to doing to make progress and start living a more intentional life that aligns with your personal values, goals, and priorities.

I Will: _____

I Will: _____

I Will: _____

Put a reminder on your calendar 90 days from now to check-in on your progress against your I Will statements above.

My check-in date is: _____





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The 5 Whys: Use the 5 why's to get to the root of what's most important to you. Once you define your priority on a surface level, ask yourself why five times until you get to your final answer.


1) Define Your Priority/Goal: _____


2) Ask the 5 Why's:

 _____

 _____

 _____

 _____

 _____

3) Final Priority/Goal Definition Statement:

