

REFLECTIONS & INTENTIONS



#IntentionalMargins

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Hello



Hey Friend,

Many people strive for balance and think overwhelm is just a part of life. Sadly, the hustle culture and our never-ending to-do list is creating a life where our priorities are getting the leftover scraps of time. I introduce women to a concept called - Intentional Margins®- a kind of life in which you reduce randomness, create harmony between your to-dos and your priorities and intentionally enjoy the meaningful parts of life - without feeling guilty. We do this together in the membership community. Be a part of the movement that is changing lives!

INTENTIONAL MARGINS® (N): A BUFFER OF SPACE AND TIME TO CREATE HARMONY BETWEEN YOUR TO-DO'S AND YOUR PRIORITIES.

REFLECTIONS & INTENTIONS INSTRUCTIONS

I AM STATEMENT

How does *she*, the person who has achieved these intentions, think and show up for herself and others?

Example: I am acting as if everything is possible.

RATE 2020

Reflect on 2020 and honestly give yourself a ranking on how you thought you did in each category. Describe in one phrase why you ranked yourself that way.

Example: Body (3 of 10). I gained 15 pounds in 2020 by not fueling my body with nutritious food and not getting enough exercise.

INTENTION STATEMENT

Describe your intention for 2021 as if it already happened.

Example: (Body) I am so happy and proud to have completed 5 minutes of micro-exercise today and everyday this year. I can touch my toes.

PRINTING & SAVING

Print pages 4 and 5 double sided. Complete prompts, fold and insert into your daily journal or planner. Review at least monthly. Repeat with bonus pages if you are feeling ambitious. Choose "fit to printable area" in printer settings, if applicable.

**IF MY LIFE WAS A BOOK, AND I WAS
THE AUTHOR, HOW WOULD I WANT THIS
STORY TO GO?**

- AMY PURDY



REFLECTIONS & INTENTIONS

I AM _____

BODY (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

WORK (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

MONEY (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

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I AM _____

LOVE (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

SELF-WORTH (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

NEW EXPERIENCES (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

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BONUS CATEGORIES

I AM _____

FRIENDSHIP (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

CONNECTION (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

LIFE PURPOSE (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

BONUS CATEGORIES

I AM _____

SELF CARE (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

PRODUCTIVITY (__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:

CONNECTION WITH CHILDREN / PARENTS

(__ of 10 in 2020)

WHY: _____

INTENTION STATEMENT:
