

**Weekly Intentions**

**Week Begins:**

\_\_\_\_\_

**Week Ends:**

\_\_\_\_\_

What I will do	Requests for the Universe
<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

**Doing What's Hard**

<b>What challenging decision, action or situation am I avoiding or putting off?</b>	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<b>What actions will I take this week towards resolving this?</b>	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**Progress and Successes this Week**

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**Appreciation and Gratitude**

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>