ONE HOUR

# First, the year that just ended

Ten minutes on this page before you write a single intention. What you choose for 2027 should come from what 2026 actually was.

## What worked

## What did not

## What I am glad is over

## Three areas for 2027 (tick three, no more)

☐ Money ☐ Work ☐ Health ☐ People ☐ Home ☐ Learning ☐ Other

# Intention No. 1



AREA _____

## I intend to

## I will know because (a number and a date)

FIGURE $ _____ BY DATE _____

WEEKLY OR MONTHLY AMOUNT $ _____ STARTS ON _____

## My first move, in the first week of January (fifteen minutes or less)

## Quarter marks

| 31 MARCH | 30 JUNE | 30 SEPTEMBER | 31 DECEMBER |
|---|---|---|---|
| should be $ | should be $ | should be $ | should be $ |
| is $ | is $ | is $ | is $ |

## If I fall behind, I will

- ☐ change the amount
- ☐ move the date
- ☐ drop it, on purpose

## Why this one matters

# Intention No. 2



AREA _____

## I intend to

## I will know because (a number and a date)

FIGURE $ _____ BY DATE _____

WEEKLY OR MONTHLY AMOUNT $ _____ STARTS ON _____

## My first move, in the first week of January (fifteen minutes or less)

### Quarter marks

| 31 MARCH | 30 JUNE | 30 SEPTEMBER | 31 DECEMBER |
|---|---|---|---|
| should be $ | should be $ | should be $ | should be $ |
| is $ | is $ | is $ | is $ |

### If I fall behind, I will

- ☐ change the amount
- ☐ move the date
- ☐ drop it, on purpose

### Why this one matters

# Intention No. 3



AREA _____

## I intend to

## I will know because (a number and a date)

FIGURE $ _____ BY DATE _____

WEEKLY OR MONTHLY AMOUNT $ _____ STARTS ON _____

## My first move, in the first week of January (fifteen minutes or less)

### Quarter marks

| 31 MARCH | 30 JUNE | 30 SEPTEMBER | 31 DECEMBER |
|---|---|---|---|
| should be $ | should be $ | should be $ | should be $ |
| is $ | is $ | is $ | is $ |

### If I fall behind, I will

- ☐ change the amount
- ☐ move the date
- ☐ drop it, on purpose

### Why this one matters

# The monthly check-in

FIRST SUNDAYS

Two minutes on the first Sunday of each month. Write where each intention stands, as a number where it has one, and the one thing you will change.

| 2027 | INTENTION 1 | INTENTION 2 | INTENTION 3 | ONE THING TO CHANGE |
|---|---|---|---|---|
| Jan 3 | | | | |
| Feb 7 | | | | |
| Mar 7 | | | | |
| Apr 4 | | | | |
| May 2 | | | | |
| Jun 6 | | | | |
| Jul 4 | | | | |
| Aug 1 | | | | |
| Sep 5 | | | | |
| Oct 3 | | | | |
| Nov 7 | | | | |
| Dec 5 | | | | |

### 31 December 2027

Read the three intention pages again, then write one line for next year's review.