



### WHAT IT IS

It's important to you to continue to grow personally and professionally, and to leverage the best resources and people to help you achieve your goals. The **Ultimate Intentions Hack** is your ideal starting point for each week to get clear on what's most important to you, set your intentions, and determine what you'll accomplish. Incorporate this exercise into your weekly routine for maximum impact and performance.

### WHAT YOU DO

Every Sunday evening, commit to writing down your entry to each prompt below.

**EXPRESS SOME GRATITUDE:** Write down three things you are grateful for

- 1.
- 2.
- 3.

**REFLECT ON YOUR BRIGHTSPOTS:** Write down three highlights from the past week

- 1.
- 2.
- 3.

**WRITE DOWN OUR NON-NEGOTIABLE ROUTINES FOR THE COMING WEEK**

**My Morning Routine**

**My Evening Routine**



## **KNOW YOUR PRIORITIES**

Write down the 5 pressing things you must accomplish this week.


## **ANTICIPATE WHO/WHAT WILL HELP OR HINDER YOUR OBJECTIVES**

Help (seek out these resources):	Hinder (overcome these obstacles):

## **TAKE CARE OF NUMBER ONE**

What will you do this week to take care of your...

Body (physical health):
Balance (relationships):
Being (emotional health/spirituality):
Business (achieve more while working less):
Brains (priorities, passion, purpose):

