



Living with Intention

This 4-page worksheet is designed to help you come up with your well-being vision. Then, you'll create specific action steps and a contingency plan to keep you on track to meeting your well-being goals.

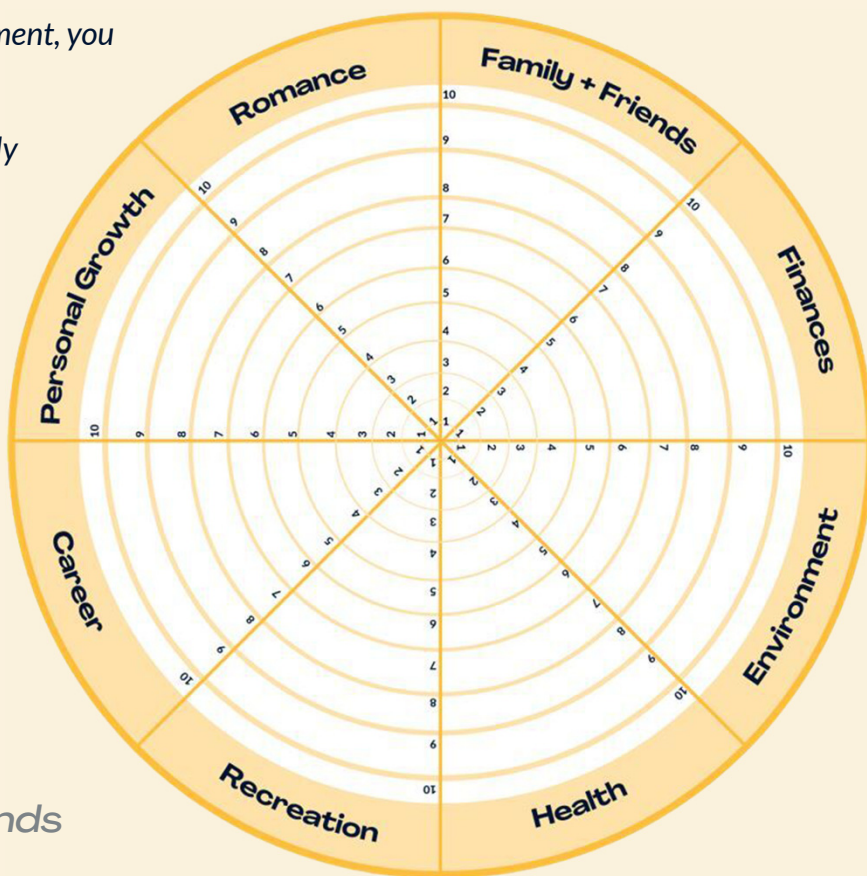
Part 1: Rate your satisfaction.

Review the Chopra Wheel of Life. Rate your current level of satisfaction or fulfillment in each of the eight areas. Color in the wheel or use the menu to rate each area on a scale of 1-10.

A rating of **10** means that in this moment, you feel completely fulfilled in the area.

A rating of **01** means that you're really suffering in the area right now.

Rate	
	Health
	Career
	Finances
	Romance
	Recreation
	Environment
	Family & friends
	Personal growth



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Part 2: Choose three areas to improve in.

Try not to choose areas that you feel you *should* change. Instead, choose the areas that you *want* to change. Select your three priorities below.

My priorities		



Part 3: Create your well-being goals.

What does success look like to you in each of these areas? Create a one-month goal that aligns with each of your three well-being priorities.

My priorities		
Within one month, I will:		

Part 4: Make an action plan.

Now, jot down a few quick actions you can take over the next month to get started. These are smaller, more actionable and objective steps you can take to achieve your bigger goals.

...by taking these specific actions:		

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Part 5: Create a contingency plan.

What inner or outer obstacles might interfere with your plan? What has stopped you before? Choose a few goals and actions, then list potential challenges in the “**And if this happens**” column. Next, channel your archetype. How would they meet these challenges? Write your answer in the “**Then I will do this**” column.

I commit to:	And if this happens:	Then I will do this:

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Part 6: Sum it up with a personal commitment.

Condense the goals, actions, and contingencies you listed in **Parts 3-5** into a short intention statement you can repeat every day as a personal commitment to yourself.

I fully commit to:

Part 7: Let it go and trust the universe.

Trusting the universe doesn't mean forgetting about your action plan. Continue taking your action steps and preparing for potential obstacles, but remember to release attachment to outcomes. As you follow your plan over the next few weeks, you may find yourself noticing **synchronicities** that continually guide your actions. This is the universe having your back. You may choose to keep track of these synchronicities in a notebook or journal, or you can jot them down below.

Date	What happened?

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