

Worksheet: Living with Intention

Focus, week 4: 6-22-26

Purpose: To help you identify where your energy is going and make small adjustments that create more peace, focus, and confidence.

1. Check Your Current Reality

Think about the past week. What took most of your time and energy?

Did those things align with what matters most to you?

- ☐ Mostly yes
- ☐ Sometimes
- ☐ Not really

2. Define What Matters Most

List your Top 5 priorities in this season of life.

- 1.
- 2.
- 3.
- 4.
- 5.

3. Spot the Disconnect

Where are you currently spending time that doesn't support your priorities?

What would you like to spend more time focusing on?

4. One Intentional Change

Choose one small change you can make this week to better align your life with your priorities.

My intentional change: