

# My 12 Month Intention Checklist.

**This checklist is designed to support you during the next 12 months. Use this as regular support to help you get stay on track with your daily intentions.**

## My "To Do" List

*What would you like to achieve during the next 12 months?*

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

*What do you need to do to work towards this lifestyle change?*

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

## My "Undo List"

*Working out the things you need to stop doing can be just as effective to your productivity as working out what you've got to do. Use this space to write down what you need to STOP DOING so you can design a somatic lifestyle.*

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

**Review & Check off every month below:**

- |   |   |   |   |   |   |   |   |   |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|----|----|----|