



classroom **OM**

Weekly Intention Journal

Name: _____

Today's Date _____

An intention is a personal commitment to yourself. It's what you want to accomplish and it is connected to positive actions. Think of it as your own personal road map -- setting an intention helps you become more aware of your actions and your connections to yourself and others.

| This week I intend to...

Weekly Reflection...

How did I align with my intention this week?

What am I most proud of this week?

Is there anything I could have done differently?

Gratitude...

What am I grateful for today?

Namaste

