



The Health Performance Institute

Taking your medication so you don't have to!

Progress

not

Perfection

**Intention Journal
for The Academy**

The Health Performance Institute



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Name: _____

What are the major accomplishments you INTEND to achieve by going through this program? What do you want to be, look like, feel like, etc... once you are done?

There isn't a set number you need but most choose 3, 4 or 5 major life changing intentions.

1.

2.

3.

4.

5.

Signature (You): _____

Signature (HPI): _____

Date: _____



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Use the following pages to set daily intentions. Print out as many copies as you need.

Daily Intentions

What are daily intentions? They are the little steps you take each day to achieve your big program intentions. If you are trying to go somewhere and you don't know where it is, you can't get there without a map. Consider your daily intentions you map. They take you from here to where you want to go/be.

Other than doing them daily, be as specific as possible when writing/creating them. This will help keep you focused.

Here are a few examples:

- Today, I will follow my dietary plan for breakfast, lunch and dinner.
- Today, I will get things done that cause me stress early in the day, so the rest of the day has less stress.
- Today, I will walk according to my schedule. Nothing will keep me from doing it.

Instructions

Do these each night in the last hour or so before bed. After you have completed them, read them – at least twice. Let them soak into your brain. When you get up in the morning. Read them again. Reading them should be one of the first things you do in the morning.



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Me: _____

Date: _____

Today, my intentions are to: