

2022

Come On - Can we do better than this?

DATE

CONSIDER

Scan your Body -
Aches? Pains?

Strongest part?

Needs improvement?

What helps?

What hurts?

What is the priority?

CHALLENGE

Imagine your Life -
Set an intention.

Build it into the day.

Sustain it for time.

Evaluate the impact.

CREATE

Use your Creativity -
Draw what 2022 holds?

Doodle how it feels?

Draft why it matters?

CELEBRATE

Evaluate your Vision -
How will 2022 be more
connected? More creative?

More meaningful in the
midst of the mundane.



EXTRAORDINARY THE ORDINARY

2022

Consider - Your Body



DESCRIBE YOU - 3 WORDS



Carve out time + energy.
Find a quiet + safe space.
Scan your body.

CONSIDER & LABEL YOUR -

Aches (A) Pains (P)

Strongest Parts (S)

Needs Improvement (NI)

What helps?

Gets in the way?

How can time be made for you?

Why does it matter?



2022

Create - Your Future

DATE



Carve out time + energy.
Find a quiet + safe space.

LIST 3 TALENTS

A rectangular box with a dark brown frame, divided into three horizontal sections for writing talents.

CHALLENGE UGLY VOICES

What words are heard when you sit quietly with yourself?

What comments would you prefer to hear?

What intention can be set to reshape those messages?

MY INTENTION

When will you evaluate the results of this intentional thinking?

How will you celebrate this investment?



EXTRAORDINARY THE ORDINARY



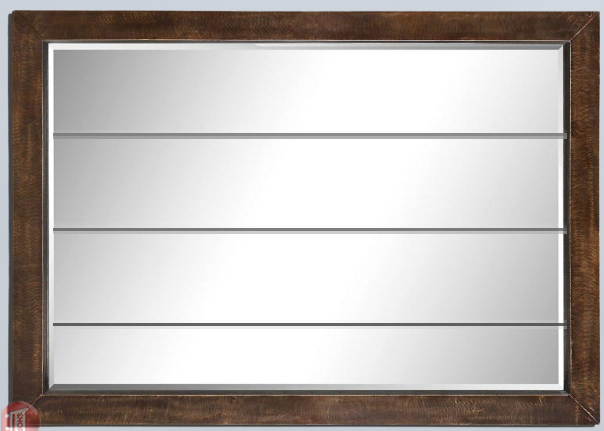
2022

Create - Your Vision



Carve out time + energy.
Find a quiet + safe space.
Tap your Creativity.

JOT 3 SMALL REWARDS



DRAW 2022 FEARS



DRAFT AN IDEAL 2022

Lined writing area for drafting an ideal 2022.

DOODLE 2022 HOPES



DETAIL MOMENTS OF GRATITUDE



EXTRAORDINARY THE ORDINARY

2022

Weekly Intention Log

WEEK



3 GOOD THINGS GRACE REQUIRED DAY'S MEMORY

M

T

W

TH

F

W

K

D



EXTRAORDINARY THE ORDINARY

2022

Celebrate - Your Progress



DATE



Carve out some time. Find a quiet + safe space. Evaluate.



INTENTION

WEEKLY REFLECTION



PLAN



PROGRESS



REWARD

EXTRAORDINARY THE ORDINARY