A MORE INTENTIONAL
YOU STARTS HERE.

INTENTION.

in action.

WORKBOOK

START HERE

Welcome

This workbook is designed to move beyond inspiration into measurable transformation. Each day asks you to notice, reflect, decide, and act. The goal is not perfection. It is alignment.

Use this companion alongside The Intention Code. Read the matching daily theme, then work through the two-page practice. If your edition uses different chapter names, follow the day and theme in this workbook.

Begin honestly

Name your intention and the truth you are confronting. Answer the three prompts in words that feel real to you.

Practice, then notice

Complete the guided activity and choose one action for the next 24 hours. Return in the evening to record what actually happened.

Return without judgment

If you miss a day, resume where you left off. Use the checkpoints to adjust your approach and the 90-day plan to keep going.

This is a guided reflection resource, not a promise of particular outcomes or a substitute for individualized care. You may pause, skip a prompt, or seek support when needed. Alignment scores are personal reflection tools, not clinical assessments.

NOTICE

Date: _____

Today's Intention:

Truth I'm Confronting:

01 Where am I moving without a clear why?

02 Which distractions repeatedly pull me away from what matters?

03 What would a purposeful version of this same day look like?

Put it into action

BODY CHECK-IN

Notice without judgment: sensation / location / energy / one need.

DISTRACTION AUDIT

List three moments when your attention drifted. Name the cue, what you did, and what it cost you. Choose one interruption you can remove tomorrow.

Moment / cue

Default behavior / cost

One boundary for my attention

24-Hour Action: What will I do, and when?

Evening Evidence: What did I notice today? What did I do or learn?

Evening Reflection: What will I carry forward or adjust?

Alignment Score (1-10): ____ Affirmation: _____

The Spiritual GPS

Use this when your next step feels unclear. Reflect, pray, or sit quietly in a way that fits your beliefs. Test your next step against your values and real circumstances.

Where am I right now?

What feels off?

What is the signal asking me to notice?

What truth do I know?

What is my next aligned turn?

Yes / No Filter

Use this for an opportunity, obligation, or relationship decision. A thoughtful pause is a valid response; the goal is an honest decision.

What am I deciding about?

Is this aligned with my purpose and values? How?

Cost of yes: time, energy, resources, and other commitments?

Power of no: what would a limit protect or make possible?

Decision: yes, no, or not yet? / Words I will use / Review date