

INTENTION JOURNAL

Week of: _____

Monday Motivation

Today's Quote: _____

My intention for today's motivation: _____

Tuesday Tip

Today's Tip: _____

My intention for today's tip: _____

Wednesday WORD

Today's Word: _____

My intention for today's word: _____

Throwback Thursday

Today's Throwback: _____

My intention for today's thought: _____

Friendship Friday

Today's Thought on Friendship: _____

My intention for my friendships: _____