UCI NEW YEAR, NEW YOU CHALLENGE TRACKER

intention [in-ten-shuhn]

An intention is a mental state that represents a commitment to carrying out a specific action or actions in the future. What you intend or plan to do; your aim.

This year, challenge yourself to try something new. Start by setting your intentions for the next six weeks. It can be the same or a different one each week. When thinking about your intentions, also write down why you chose that intention. Then reflect each week on your successes and struggles throughout your journey.



_	My Intention: This week I will	How I Did: Excellent Okay Oops
WEEK 1	My Why: Because	Reflections and Notes:
WEEK 2	My Intention: This week I will	How I Did: Excellent Okay Oops
	My Why: Because	Reflections and Notes:
WEEK 3	My Intention: This week I will	How I Did: Excellent Okay Oops
	My Why: Because	Reflections and Notes:
4	My Intention: This week I will	How I Did: Excellent Okay Oops
WEEK	My Why: Because	Reflections and Notes:
2	My Intention: This week I will	How I Did: Excellent Okay Oops
WEEK	My Why: Because	Reflections and Notes:
WEEK 6	My Intention: This week I will	How I Did: Excellent Okay Oops
	My Why: Because	Reflections and Notes: