

Workbook



INTENTIONAL YEAR WORKBOOK

Goal Planning for Her Intentional Life.

Nancy Marie Peterson

Welcome to the Intentional Year



I am thrilled you are here. As a mom of six, I know your time is valuable. As you complete this three-session experience, you will move beyond good intentions and into intentional living. This course is designed for the busy mom, and together with the three-session videos, this workbook will guide you step-by-step into a more intentional year.

It doesn't matter whether you begin in January or December—just start. Take it one step at a time. Each page brings you closer to living a laser-focused life. God has a calling uniquely designed for you. Don't miss it by staying busy with things that don't truly matter.

Pause. Refocus. Step into each morning with purpose and passion. You're right on time, and you're in the right place. Let's begin.

Let's get started.

"Setting goals -turns what you can't see- into what can be."

Nancy Marie Peterson



You have been given
enough time to do
everything God wants
you to do.

You don't need more
time.

You need to use the
time you already have
differently.

~Craig Groeschel



5 WAYS TO SABOTAGE YOUR GOALS

Don't Commit to the Goal-Setting Process

Don't make SMART Goals

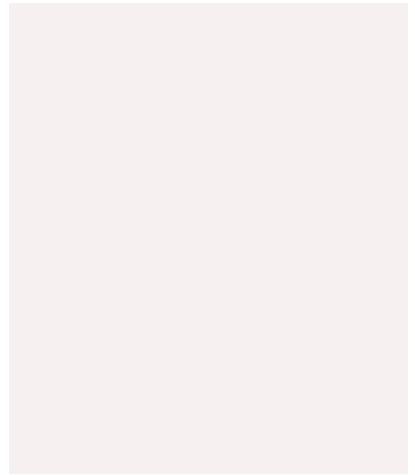
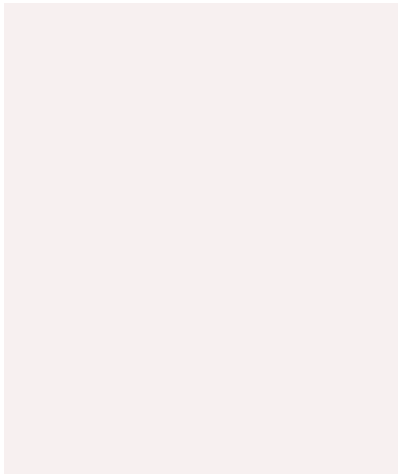
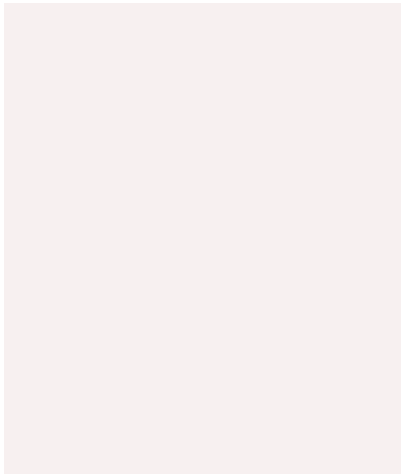
Don't Create Action Steps

Don't Use Your Time Wisely

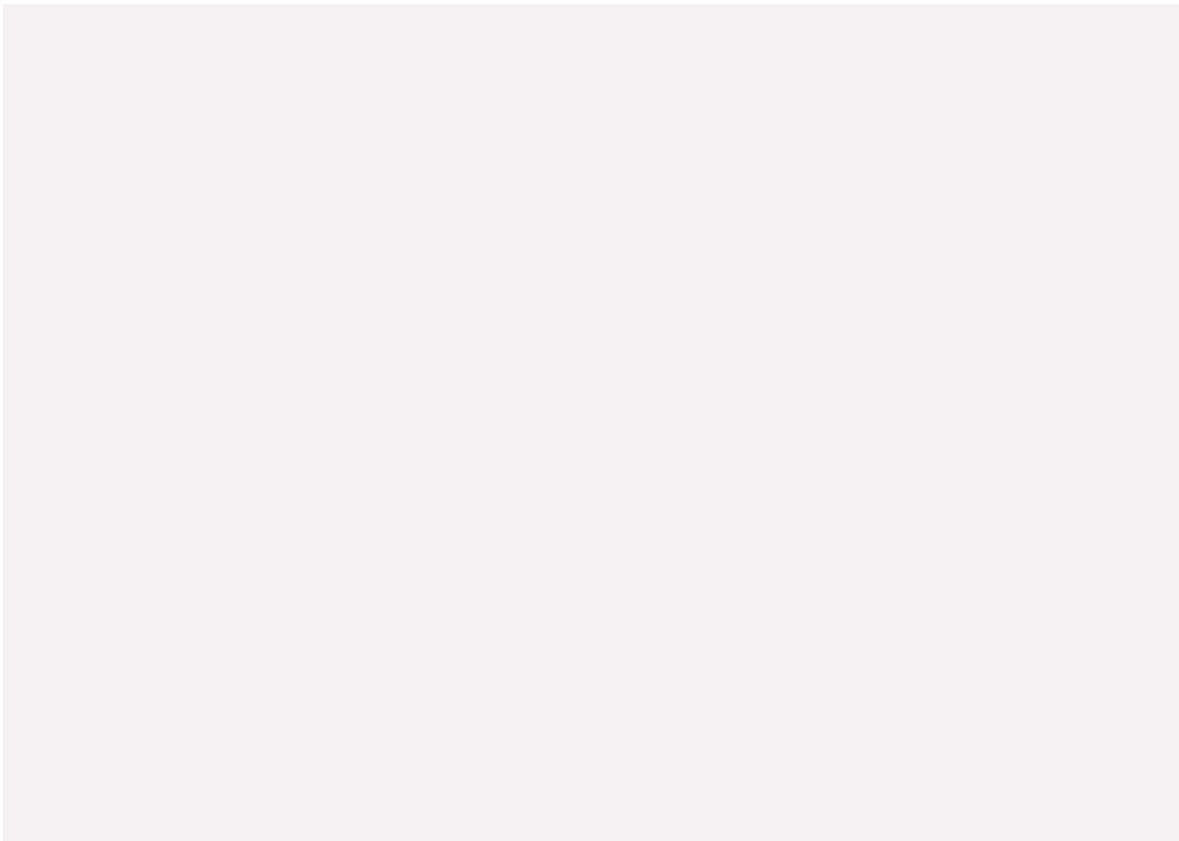
Don't Be Strategic with Relationships



3 THINGS I WANT TO ACHIEVE IN MY LIFE..



WHY ARE THESE THINGS IMPORTANT TO ME?



IN 10 YEARS I WANT TO ...

IN 5 YEARS I WANT TO ...

IN 1 YEARS I WANT TO ...

20/20 VISION

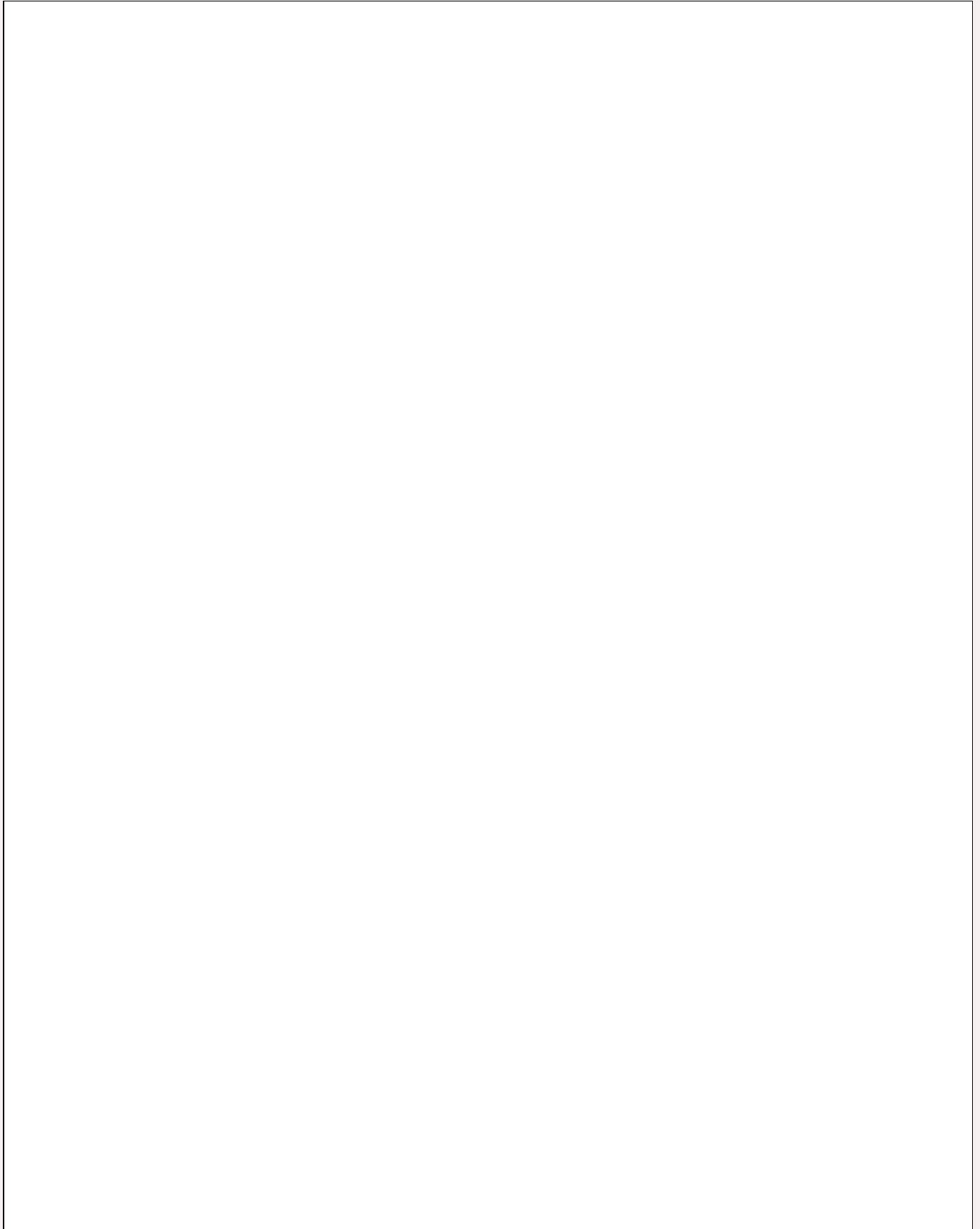
Write out 20 things you want to accomplish this year.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Goals give us purpose, which in turn, motivates us to make ourselves the best version in all aspects of your life. —

Hannah Bronfman

MINDMAP

A large, empty rectangular box with a thin black border, intended for drawing a mind map. The box is centered on the page and occupies most of the available space below the title.

“
By recording your
dreams and goals on
paper, you set in motion
the process of becoming
the person you most
want to be.

~Bill Copeland

”

THEME WORD

My WORD: _____

love

OPEN

hope

enjoy

intentional

Wild

transform

Focus

Favor

Fearless

NO

GLOW

CHANGE

engage

Sparkle

inspire

Grateful

blessed

Peace

Invited

Prepare

Balance

LESS

SHINE

HUSTLE

CONTENT

DISCOVER

Content

dream

plan

believe

YES

Content

Joy

BRAVE

diligent

fun

Trust

THEME WORD

1. Brainstorm
 2. Go to www.myoneword.org for more ideas
 3. List any words that resonate
 4. Pray
 5. Circle the THEME Word
- 
- A simple line drawing of a lightbulb with several short lines radiating from the top, symbolizing an idea or inspiration.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NOTES

[illegible]

SMART GOALS

Setting realistic and achievable outcomes.

S
SPECIFIC

Who, what, where, when and why?

Define your goal in detail. Make it as clear as possible.

M
MEASUREABLE

How will you measure success?

Make your goals measurable and track your progress.

A
ACHIEVABLE

Do I have the skills and resources to make it happen?

R
RELEVANT

Why is my goal important to me? Why now?

T
TIME-
BOUND

What is my deadline for this goal?

YEARLY GOALS

Theme WORD: _____

Spiritual:

Physical:

Professional:

Financial:

Personal:

Discipline is the bridge between goals and accomplishment. ~Jim Rohn

A person is seen from behind, sitting in a wooden canoe on a calm body of water. The scene is captured during the golden hour of sunset or sunrise, with a warm, hazy light filling the sky and reflecting on the water's surface. The person's arms are resting on the canoe's edges, and the water shows gentle ripples. The overall mood is peaceful and contemplative.

Goals allow
you to control
the direction
of change in
your favor.

-Brian Tracy

MONTHLY GOALS

JAN FEB MARCH APRIL MAY JUNE JULY AUGUST SEPT OCT NOV DEC

Theme WORD: _____

Spiritual:

Physical:

Professional:

Financial:

Personal:

There is no elevator to success, you have to take the stairs. ~Zig Ziglar

ACTIONS STEPS

Goal:

Completed by:

Action Steps

☐	_____
☐	_____
☐	_____
☐	_____

Goal:

Completed by:

Action Steps

☐	_____
☐	_____
☐	_____
☐	_____

Goal:

Completed by:

Action Steps

☐	_____
☐	_____
☐	_____
☐	_____

Goal:

Completed by:

Action Steps

☐	_____
☐	_____
☐	_____
☐	_____

"The journey of a thousand miles begins with one step." ~Lao Tzu

TO-DO LIST

Month

[illegible]

BIG GOAL

Date:

Start date:

End date:

The BIG Goal:

Action Steps

☐☐☐☐☐☐☐☐☐☐☐

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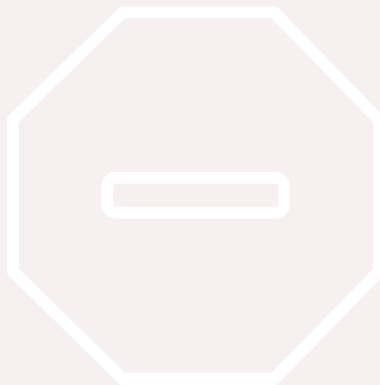
START

What do you need to say YES to? Time Savers?



STOP

What do you need to say NO to? Time Wasters?



30 DAY CHALLENGE

Choose 5-10 of your TOP goals for the year.

Write them out every day for 30 days.

This will help you weed through goals that are not your passion.



Top Goals

THE FUTURE ME

Future me...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DESCRIBE THE FUTURE YOU

Write a letter to your future self as if all your goals are achieved. What does your life look like? What is your greatest impact? Write from that space.

ANSWER AS YOUR FUTURE SELF

- 1 - What goals "have" you achieved?
- 2 - How do you currently feel about your life?
- 3 - What would be the first thing you would notice?

NOTES

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5 WAYS TO MASTER YOUR GOALS

Commit to the Goal-Setting Process

Make SMART Goals

Create Action Steps

Use Your Time Wisely

Be Strategic with Relationships



”

In her heart a
woman plans her
course but the Lord
determines her steps.

Proverbs 16:9

“



Nancy Marie Peterson

Way To Go!

Living Intentionally starts with an Intentional Year.
Great things are ahead. Press in and don't give up!

Come visit me at
www.nancymariepeterson.com

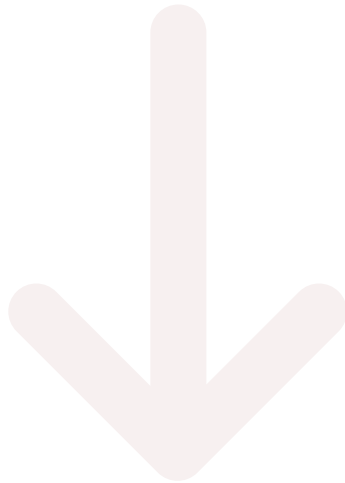
or

Her Intentional Life
<https://www.youtube.com/@herintentionallife>

Love,
Nancy

www.nancymariepeterson.com

Additional **Resources**



www.nancymariepeterson.com

GOALS & ACTION STEPS

Goal:

Action Steps:



Potential Distractions:

How to Avoid Them:

QUARTERLY GOALS

JAN FEB MARCH APRIL MAY JUNE JULY AUGUST SEPT OCT NOV DEC

Theme WORD: _____

Spiritual:

Physical:

Professional:

Financial:

Personal:

A goal is a dream with a deadline. ~Napoleon Hill

WEEKLY GOALS

Theme WORD: _____

Spiritual:

Physical:

Professional:

Financial:

Personal:

Be the change you want to see in the world.

DAILY TASKS

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Date:

Goal:

To Do:

Notes

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