

**FOCUSED.  
INTENTIONAL.  
DELIBERATE**

date \_\_/\_\_/\_\_

**Focus-** What areas do you want to see change?

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**Intentional-** What changes/outcomes you want to see (be specific).

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**Deliberate-** What's your plan to achieve these changes/outcomes?

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**BLESSINGS IN  
DISGUISE**

**FOCUSED.  
INTENTIONAL.  
DELIBERATE**

date \_\_/\_\_/\_\_

**Assess- What worked? What didn't work?  
Where can you make improvements?**

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**Re-focus- Set your plan of action to bring  
about the change(s) you want to see. Write  
some encouraging words to keep yourself  
going!**

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**BLESSINGS IN  
DISGUISE**