



Nature Days

My Weekly Intention

Print out this page and set out clearly the *What, When, How Often* and *Feeling* of the Intention, stick it on a noticeboard or the fridge as a daily reminder:

What? Be specific in naming exactly what you want to achieve

When? Pick a specific time each day as you are more likely to stick to it when it is a routine tied to a time of the day

How Often? Be specific about how often during the coming week you will carry out your new action. This could be daily, every few days, on weekend days or whatever suits you

Feeling? Decide how you want to feel for the week ahead and revisit this intention each day