

INTENTION NEST | FREE PRINTABLE

The 30-Day Intention Journal

One clear intention, one small action and a short reflection every day for 30 days.

- * Intention worksheet
- * Vision board planner
- * Affirmations by theme
- * 30 daily pages with a 3, 6, 9 checklist
- * 30-day review

intentionnest.com | Free tool: intentionnest.com/studio

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How to use this journal

1. Fill in the intention worksheet below. Choose one area of life and one intention for 30 days.
2. Each morning, write your intention 3 times and choose one small action for the day.
3. In the afternoon, write it 6 times. Check for obstacles and use your if then plan.
4. At night, write it 9 times, tick the boxes and answer the reflection prompt.
5. Missed a day? Simply continue. A practice you come back to beats a perfect streak.

My intention worksheet

Life area I am focusing on:

In plain words, what I want:

Why it matters to me (the feeling or value underneath):

The most likely obstacle:

My if then plan: If _____, then I will _____.

One small daily action (5 to 15 minutes):

My intention, present tense and believable:

Vision board planner

Pick three to five areas. For each, write how you want it to look and feel a year from now, a few image ideas and one small action. Then build your board around your word of the year.

My word of the year: _____

CAREER

A year from now: _____

Image ideas: _____

One small action: _____

MONEY AND SECURITY

A year from now: _____

Image ideas: _____

One small action: _____

HOME

A year from now: _____

Image ideas: _____

One small action: _____

HEALTH HABITS

A year from now: _____

Image ideas: _____

One small action: _____

LOVE AND RELATIONSHIPS

A year from now: _____

Image ideas: _____

One small action: _____

TRAVEL AND ADVENTURE

A year from now: _____

Image ideas: _____

One small action: _____

PERSONAL GROWTH

A year from now: _____

Image ideas: _____

One small action: _____

MY OWN AREA: _____

A year from now: _____

Image ideas: _____

One small action: _____

PICK TWO OR THREE

Affirmations by theme

Choose the lines that feel at least a little true. If one makes you cringe, soften it with "I am becoming" or "I am learning." Many work well as your 369 sentence.

MORNING AFFIRMATIONS

Today I choose one thing that matters and give it my full attention.
I start this day rested enough, ready enough and willing to learn.

SELF LOVE AFFIRMATIONS

I am worthy of care, rest and respect.
I treat myself with the kindness I give the people I love.

CONFIDENCE AFFIRMATIONS

I trust my voice and I use it.
I can do hard things one small step at a time.

MONEY AFFIRMATIONS

I am becoming someone who handles money with calm and care.
I look at my finances with curiosity instead of fear.

CAREER AND SUCCESS AFFIRMATIONS

My work matters, and it is growing.
I am ready to learn what my next level requires.

LOVE AND RELATIONSHIP AFFIRMATIONS

I give and receive love with an open heart.
I am worthy of a kind, steady relationship.

CALM AND PEACE AFFIRMATIONS

This feeling is temporary, and I can breathe through it.
I am safe in this moment.

GRATITUDE AFFIRMATIONS

I am grateful for the simple things that make my day better.
I notice the good around me, even on hard days.

HEALTHY HABIT AFFIRMATIONS

I treat my body like someone I love.
Every day I choose one thing that helps me feel good.

GROWTH AND NEW BEGINNINGS AFFIRMATIONS

I am becoming who I want to be, one choice at a time.
I welcome change as a chance to grow.

All 120 affirmations: intentionnest.com/affirmations/

Day 1

Date: _____

Prompt: What do I want this month to feel like?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 2

Date: _____

Prompt: What is one thing I can do today that my future self will thank me for?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 3

Date: _____

Prompt: Where did I notice progress, however small?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 4

Date: _____

Prompt: What would make my intention feel 10% more believable?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 5

Date: _____

Prompt: What is the main obstacle, and what is my if then plan?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 6

Date: _____

Prompt: Who supports me, and how can I let them help?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 7

Date: _____

Prompt: What am I grateful for that I usually overlook?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 8

Date: _____

Prompt: Week 1 review: what worked, and what will I change?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 9

Date: _____

Prompt: What habit would make everything else easier?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 10

Date: _____

Prompt: What story about myself am I ready to rewrite?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 11

Date: _____

Prompt: Where am I giving too much, and where too little?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 12

Date: _____

Prompt: What would I do today if I trusted myself more?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 13

Date: _____

Prompt: What drains my energy, and what restores it?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 14

Date: _____

Prompt: Week 2 review: what am I proud of so far?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 15

Date: _____

Prompt: What does a balanced, ordinary day look like for me?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 16

Date: _____

Prompt: What can I let go of this week?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 17

Date: _____

Prompt: What small risk could I take toward my intention?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 18

Date: _____

Prompt: What did I learn from a recent setback?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 19

Date: _____

Prompt: What would make tomorrow morning calmer?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 20

Date: _____

Prompt: Which affirmation feels most true for me today?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 21

Date: _____

Prompt: Week 3 review: what has changed since day 1?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 22

Date: _____

Prompt: What am I ready to ask for?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 23

Date: _____

Prompt: Where did I feel most like myself this week?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 24

Date: _____

Prompt: What does enough look like for me?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 25

Date: _____

Prompt: What signs or moments of encouragement have I noticed?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 26

Date: _____

Prompt: What boundary would protect my energy?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 27

Date: _____

Prompt: How have my actions matched my intention?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 28

Date: _____

Prompt: What do I want to keep doing after these 30 days?

369: Morning ☐☐☐ Afternoon ☐☐☐☐☐☐ Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 29

Date: _____

Prompt: What am I most grateful for from this month?

369: Morning ☐☐☐

Afternoon ☐☐☐☐☐☐

Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

Day 30

Date: _____

Prompt: Day 30: what is my next intention?

369: Morning ☐☐☐

Afternoon ☐☐☐☐☐☐

Night ☐☐☐☐☐☐☐☐☐☐

Today's small action:

A sign or moment I noticed:

Evening reflection:

Grateful for:

My 30-day review

What changed in my thinking or habits over these 30 days?

Which small actions made the biggest difference?

What got in the way, and what helped me get back on track?

What am I proud of?

What do I want to keep doing?

My next intention:

Keep going online with the free Daily Intention Studio: intentionnest.com/studio

This journal is a reflection tool. It is not medical, psychological or financial advice.

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