ManifestQuest

FREE PRINTABLE

6-week intention worksheet

A free printable for six calm weeks, in the same order as our app. One minute of practice, then a few lines you write yourself.

Free to print. No email required.

My intention for these six weeks

_____

_____

The six weeks

1 Calm

Three slow breaths. Breathe in for 4 and out for 6.

2 Focus

Name five things you can see.

3 Heart

Write what you'd say to a friend in your spot, then read it to yourself.

4 Vision

Picture an ordinary good day after your intention is real.

5 Action

Shrink the step and write an if-then plan.

6 Release

Write one thing you're ready to put down.

How to use it

1. Write one intention on the line above.
2. Each week, do the one-minute practice.
3. Then write what you noticed, and one small step.

One page a week. If you miss a day, continue when you can.

Calm

Body and breath

1-MINUTE PRACTICE

Three slow breaths. Breathe in for 4 and out for 6.

Sit somewhere steady. A comfortable breath is enough. If you feel dizzy, stop and breathe in your usual way.

Research suggests breathing practices that lengthen the exhale may help some people feel a little calmer.

What did you notice?

How the breath felt, and anything that shifted after three rounds.

One small step

One small thing you can do today to stay a little more settled.

Focus

Attention

1-MINUTE PRACTICE

Name five things you can see.

Say them quietly, one by one. Stay with what is actually in front of you.

Research suggests brief mindfulness-style practices may produce a small reduction in negative mood for some people.

What did you notice?

What you saw, and where your attention went.

One small step

One thing you want to notice on purpose today.

Heart

Compassion

1-MINUTE PRACTICE

Write what you'd say to a friend in your spot, then read it to yourself.

Use words you would actually say out loud.

Research suggests self-compassion practices are associated with less self-criticism, on average.

What did you notice?

What it was like to read those words to yourself.

One small step

One kinder sentence you can keep for a hard moment today.

Vision

Intention

1-MINUTE PRACTICE

Picture an ordinary good day after your intention is real.

Walk through the day: where you are, what you do, and what you notice.

Research suggests picturing what you will do may support progress more than only the finished outcome.

What did you notice?

Which details of that ordinary day felt clear.

One small step

One part of that day you could practice in a small way.

Action

A small step

1-MINUTE PRACTICE

Shrink the step and write an if-then plan.

Use this shape: If a moment you can recognise happens, then you do a step small enough to start.

Research suggests an if-then plan may help people follow through more often than a goal alone.

What did you notice?

What made the step smaller, and which cue you chose.

One small step

Write it as: If ____, then I will ____.

Release

Letting go

1-MINUTE PRACTICE

Write one thing you're ready to put down.

A worry, a grudge, or a plan that no longer fits. You do not have to solve it.

Research suggests writing about something meaningful can have a small average benefit for some people.

What did you notice?

What you chose to put down, and how it felt to name it.

One small step

One small way to set that thing aside today.