



# LIVING WITH INTENTION

## ONE WORD

Choose one word to represent this season of your life. Meditate on it and use it as a guidepost or stone of remembrance for this season.

## ONE GOAL

Choose one goal to focus on right now. Here are a few questions that might help:

Of all of your dreams, desires, goals, or interests, what would make the biggest difference in your life and in the lives of those you care about?

On a scale from 1-10, how high is your motivation to actually do the thing?

On a scale from 1-10, how difficult will it be to achieve your goal?

## ONE PRAYER

Write out a prayer for the year to keep you humble, focused, and mindful of God's role in your life in the season ahead.



# BRAVE MARRIAGE

Brave Marriage exists to educate, encourage, and equip couples to grow as individuals, do marriage with intention, and live mutually empowered, purposeful lives.

If these questions have been helpful to you, would you consider sharing the podcast and worksheets with your friends and family? I consider this part of my business a ministry to couples, and would love your help in sharing this teaching with others.

To work with me at the next level,  
please visit [bravemarriage.com](http://bravemarriage.com).