

Date:

# A2H Intentionality Worksheet

Choose two elements from the list to describe your mood or vibe today. Considering your schedule & all the things you need(ed) to accomplish, how can (did) you intentionally embody the elements you've chosen to focus on today.

I chose these elements because

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Here, jot down your vision-work for the day.  
(small tasks towards a larger goal/vision)

## Elements A2H

Self - Awareness

Passion

Vision-Work

Tolerance for  
Ambiguity

Innovation &  
Problem Solving

Financial  
Literacy &  
Wellness

Mental &  
Physical  
Wellness

Digital Literacy

Unapologetic  
Ambition