

## Intention Setting

<b>Values</b>	<b>Short term Intention</b>	<b>Medium term intention</b>	<b>Long term intention</b>
E.g. Physical activity	Today I intend to go for a walk.	I choose to exercise 3 times this week.	I intend to take part in a 5k race this year.
1.			
2.			
3.			
4.			