

Launch into 2023 with Live Intentionally 365

Who do you wish to become?

Physically healthier? German-speaking American? Great friend?
Volunteer to help veterans? Adventurer?

We are delighted to announce **Live Intentionally 365** to inspire and guide you on the path of reaching your goals this year and to begin opening your mind to **DREAMING OUT LOUD**.

At Heaven on Earth Now, we believe setting goals establishes direction and purpose, leading you in creating the life you want to experience. **Live Intentionally 365 is a free tool.**

Live Intentionally 365 is designed to help you identify dreams and goals in different areas of your life and to establish your first steps to fulfill them.

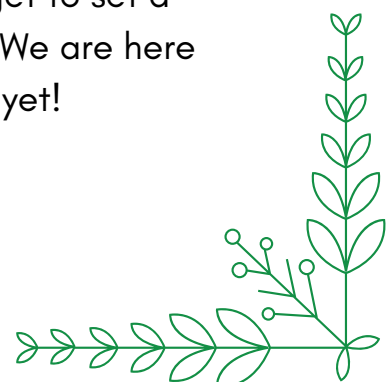
Start with the "**why**"—it's the passion that will drive you to take specific, actionable goals and discover your purpose. Why do you want to achieve a certain goal?

Think about:

- What do I want to achieve in school or work?
- How do I want to improve my health and self-care?
- What do I want to accomplish financially?
- What new skills might I want to develop or pursue?



After that, write down three action steps to achieve it, and do not forget to set a target date for each action step. Consider it your personal road map. We are here cheering for you to make this year your best — and most meaningful — yet!

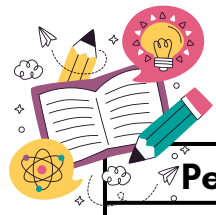




Categories in the **Intentional Living 365 tool** are meant to get you started but any goal can be added, modified, or eliminated. When you are finished, hang the Intentional Living 365 tool on your bathroom mirror or on your refrigerator, so that it serves as a frequent reminder to you of the ways you want to thrive physically, emotionally, and spiritually this year.

The Live Intentionally 365 Tool

Career, Work, or Study



Performance Goal	First Action Step	Date to Achieve



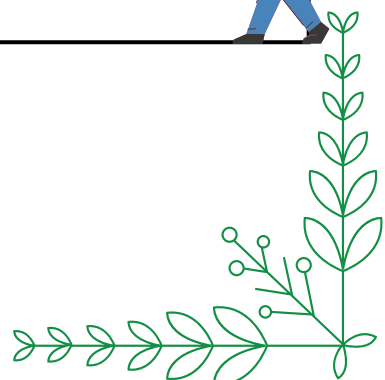
Physical and Mental Health

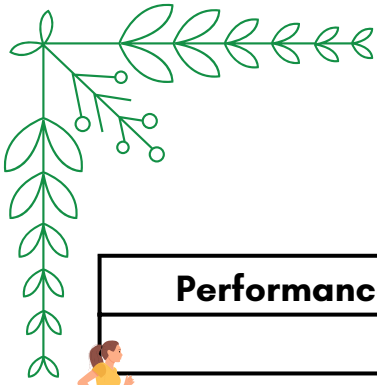
Performance Goal	First Action Step	Date to Achieve



Hobby or New Skills to Pursue

Performance Goal	First Action Step	Date to Achieve





Physical Activity & Self Care



Performance Goal	First Action Step	Date to Achieve



Travel & Adventure



Performance Goal	First Action Step	Date to Achieve



Volunteer & Service



Performance Goal	First Action Step	Date to Achieve

Take time to pray or meditate about these goals. And post this somewhere where you can see it frequently – so that even amid life’s distractions, you can renew your drive to pursue your intentions.

**When you find your why
You find your way...**

