

# The Pillars of an Intentional Life: A Different Way to Begin the Year



The purpose is not reinvention. It is structure. Viewers are invited to pause the video at each section, reflect honestly on the year just lived, and translate insight into clear, grounded commitments for the year ahead.



Watch the video to do this worksheet along side Francine Ward, author of Esteemable Acts and the Vision and Values Series. Go at your own pace.

## PART I: LOOKING BACK WITH HONESTY

1. What patterns repeated last year, even when I hoped they would change?

2. What did I consistently postpone, even though it mattered?

3. Where did I feel quietly proud of how I handled my life?

# PART II: THE LIFE PILLARS WORKSHEET

For each pillar:

- Assess how it actually functioned last year
- Name one to two adjustments for the year ahead
- Assign a deadline

Use honest language. This is private unless you choose to share.



## PILLAR 1: FINANCE

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 2.

## PILLAR 2: HEALTH

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 3.

## PILLAR 3: SPIRITUALITY

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 4.

## PILLAR 4: FUN

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 5.

## PILLAR 5: BEHAVIOR

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 6.

## PILLAR 6: SERVICE

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 7.

## PILLAR 7: BUSINESS

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 8.

## PILLAR 8: LEARNING & SKILL-BUILDING

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 9.

## PILLAR 9: FAMILY

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 10.

## PILLAR 10: FRIENDS

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART II: THE LIFE PILLARS WORKSHEET

Take a moment to resume the video with Francine Ward for Pillar 11.

## PILLAR 11: HOME

**Last Year Reality (circle one): Running on Fumes | Adequate | Supported**

What last year revealed:

1st Adjustment for This Year:

Deadline: \_\_\_\_\_

2nd Adjustment for This Year:

Deadline: \_\_\_\_\_

3rd Adjustment for This Year:

Deadline: \_\_\_\_\_

# PART III: INTEGRATION

Take a moment to resume the video with Francine Ward for Pillar 11.

## MY OPERATING STANDARDS

### Last Year Reality (circle one): Running on Fumes | Adequate | Supported

From everything I wrote above, the most important standards I am committing to are:

Deadline 1: \_\_\_\_\_ Deadline 2: \_\_\_\_\_ Deadline 3: \_\_\_\_\_

### CLOSING REFLECTION

Write 2 Paragraphs: What kind of life am I deliberately building this year, and what will I protect to keep it stable?