

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. When did I feel spiritually connected last year?

2. When did I feel disconnected from myself or something greater?

3. What choices reflected my highest self?

4. What practices helped me stay grounded?

5. What patterns repeated because I avoided forgiveness, gratitude, or honest reflection?

PART II: THE LIFE PILLARS WORKSHEET

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

LIFE PILLAR: SPIRITUALITY



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

What last year revealed:

- What did I learn about my spiritual needs?
- Where did I grow?
- Where did I resist growth?
- What surprised me about my inner life?

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:

- How do I want to show up spiritually this year?
- What qualities do I want to embody?
- What boundaries protect my inner life?
- What practices keep me aligned when life gets busy?

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?

- What kind of spiritually aligned life am I building this year?
- What will I protect, nurture, or release to keep my inner life stable and supported?