



**Life Mission Coaching: The Intention Process. Write or Draw a Symbol Under Each Area**

Dated: \_\_\_\_\_

**2. Where am I right now?** (In relation to what I really want?)

**3. Where Do I Want to Be?** (See, feel, hear, taste, smell it)

**1. What's MY Dream?  
What Do I REALLY  
Want?**

**4. What's the Current Obstacle, Pattern, Habit, Thought,  
Belief that stops me from going for what I want?**

**5. What M-powers me? The personal Strengths  
Skills, Talents, Qualities I have to overcome  
these Obstacles, Patterns.**

What's my Plan of Action that will move me towards my Ideal. Use the back of this sheet to track your day. What did you notice?  
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