



Petal & Paper

YOUR FREE PRINTABLE

Sunday weekly intentions sheet



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W E E K L Y I N T E N T I O N S

Sunday planning

Week of · _____

The three things that matter most this week · 1. ____ 2. ____ 3.

—

How I want to show up this week ·

Something I will protect (time/energy/relationship) ·

Something I will let go of · _____

One person I will intentionally connect with ·

How I will know this was a good week ·

S E T T H E I N T E N T I O N · L I V E I N T O I T ·
R E V I E W O N F R I D A Y

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