

My Sankalpa

MONTH: _____

YEAR: _____

I am so happy that ...

(please state your intention clear, detailed, short & specific, measurable, realistic, inspiring, in the 1st person & in the present)

LONG-TERM GOALS

1. in 3 years _____
2. in 5 years _____
3. in 10 years _____

SHORT-TERM

HEALTH

1. _____
2. _____
3. _____

FAMILY

1. _____
2. _____
3. _____

RELATIONSHIPS (friendships, partnerships, social circle)

1. _____
2. _____
3. _____

FINANCIAL

1. _____
2. _____
3. _____

BUSINESS / CAREER

1. _____
2. _____
3. _____

INTELLECTUAL

1. _____
2. _____
3. _____

CREATIVE

1. _____
2. _____
3. _____

SPIRITUAL

1. _____
2. _____
3. _____

