

WORKBOOK

INTENTIONALLY UNFOCUSED

THE GAME OF SELF DISCOVERY AND GROWTH

WWW.INTENTIONALLYUNFOCUSED.COM



BRAIN DUMP

Step 1

Jot down all those goals, hopes, and dreams swirling around in your head. Don't overthink it—just let it flow. This is your chance to get everything out on paper, no matter how big, small, or wild it may seem. Let your imagination run free and capture it all!

BRAIN DUMP

Step 1

Jot, doodle, draw, or map out all those goals, hopes, and dreams swirling around in your head. Don't overthink it—let it flow however feels right.

GROUP GOALS

Step 2

Look over your brain dump and notice if any goals can be grouped together under broader, overarching categories. This helps simplify and clarify your focus. For example: "Lose 50 pounds," "Run a marathon," and "Get stronger" could all fall under "Live Healthier" or "Get Fit." Aim to organize your list into 10 overarching goals that capture the essence of your aspirations. Keep it simple and meaningful!

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

GROUP GOALS

Step 2

Goal 6:

Goal 7:

Goal 8:

Goal 9:

Goal 10:

THE LIST

Step 3

Now, let's transform your goals into broader, more flexible aspirations. The idea is to avoid setting rigid, all-or-nothing targets that might lead to frustration or shame if the path changes. For example: **Instead of** "Lose 50 pounds," try "Maintain weight or weigh less by this time next year." Instead of "Learn Greek," try "Always be learning a new skill."

These generalized goals still give you direction while allowing space to adapt and grow. Focus on the journey, not perfection!

Goal 1

Goal 2

Goal 3

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Goal 6

Goal 7

Goal 8

Goal 9

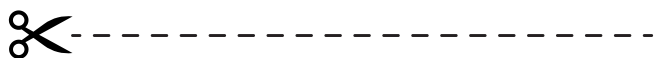
Goal 10

JAR LABELS

Find jars, boxes, or anything you can use to physically store your goals. Keep them somewhere you see often as a reminder of your journey. Cut out these labels and attach them to your containers:

1. **Completed Goals:** For goals you've achieved—celebrate your progress!
2. **Discarded Goals:** For goals that no longer serve you. Let them go with intention.
3. **Revisit in the Future:** For goals you're not ready to tackle yet but may want to explore later.

Remember: If you complete or change a goal, you must replace it. Your List always has 10 goals—no more, no less. Keep moving forward!



Completed Goals

Discarded Goals

Revisit in the Future

INSIGHTS AND REFLECTIONS:

[illegible]

JOURNAL PAGES

Step 5

Jot, doodle, draw, or map your feelings. Use these pages to let your imagination run free and capture it all!

JOURNAL PROMPTS

Step 5

When reflecting on individual goals, these prompts can help you explore your feelings, beliefs, and progress:



Why did I choose this goal? Am I sure I picked this goal for me? Or did I pick it based on what I think I am supposed to want in life?



How does working toward this goal make me feel—excited, nervous, overwhelmed? Why?



What's one positive step I've taken so far toward this goal? How did it feel?



What challenges am I facing with this goal? How can I approach them differently?



Are there any beliefs or fears holding me back from making progress? Are they true? Do I shame spiral when things don't go exactly as I planned?



What would success look like for this goal? How would it change my life?



If I feel resistance toward this goal, what might be causing it? How can I address it?



What's one thing I've learned about myself while working on this goal? How does this goal align with the person I want to become?



What's one small win I can celebrate today, no matter how tiny?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DISCARDED GOALS

Step 6

[illegible]

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for handwriting or typing. The paper itself is a clean, off-white color.