

# innerfifth

## Intention Setting Accountability Scorecard

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please rank yourself on a 1 - 10 basis (1 being the lowest ranking, 10 being the highest ranking) of how you feel you are doing in each area (health, wealth, relationship, and purpose) based on where your future self imagines yourself to be. Please think about how to rank yourself based on the past week or two, but no further out than the past month. Write your intention for each of the four pillars, and be prepared to review and re-score yourself on a 1-10 basis weekly with your accountability partner. This is to keep focused on your intention, set your daily plan and track yourself. It is scientifically proven that where we invest time and money, we will shift and change status IF we consistently measure ourselves against a metric of what we intend to go. Measurement of progress regularly equals results.

Pillars	Score	Intention
Health		
Wealth		
Relationship		
Purpose		

What number do you want to be able to score yourself in each area two weeks from now? (1 as the lowest and 10 as the highest)

Health	Wealth	Relationship	Purpose

*“Your actions come from your identity. When your identity is rooted in current commitments rather than your Future Self, your actions are weak and unaligned with your goal. The only way to realize your Future Self is to be your Future Self now. Be, then do, then have...”*

~ Dr. Benjamin Hardy

