**My Class Intentions**How often do you find yourself entering class but not really being there yet? Your mind is still busy elsewhere. Taking a few moments to catch your breath and clear your head can do wonders for your focus and motivation. And while you are at it, set yourself a goal for the session. It will make you sit up taller and be more present.

And at the end of class reflect on how it went, before your mind leaves you for other places again. If you want to do multiple goals for one session just add the lines. Make this table work for you.

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| **Session** | **What is your goal for this session?** | **What will you do to achieve it?** | **How did you do? How do you feel?** | **What are your takeaways?** |
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