



# KAVANAH PLANNING PAGE



An area or a relationship in my life where I want more *Kavanah* is:

My *Kavanah* plan is to:

When I encounter \_\_\_\_\_, I will \_\_\_\_\_.

Obstacle(s) that might get in my way of my *Kavanah* plan:

My plan to overcome the obstacles so I can live with *Kavanah* is: