

The Quantumarian Way Tool Kit

Intention Direction Chart

Use the Intention Direction Chart to observe how your thoughts, emotions, and actions align with your chosen intention. This tool helps you understand your inner direction and supports a clearer, more coherent path forward. Download the chart to strengthen your sense of purpose with steady and confident awareness.

Instructions:

Write your intention for the day.

Record your intention direction rating from one to ten.

Add a short sentence about the moments that influenced your rating.

This scale helps you notice how steadily your energy followed your intention.

1 to 2	Scattered Direction	Your intention was present but difficult to follow. Your energy shifted often.
3 to 4	Low Directional Stability	Your intention influenced you at times but was easily disrupted.
5 to 6	Moderate Directional Clarity	You stayed aligned with your intention in some moments and drifted in others.
7 to 8	High Directional Clarity	Your intention guided your thoughts and actions with consistency.
9 to 10	Strong Focused Direction	Your energy followed your intention with steadiness and clarity throughout the day.

Intention Direction Chart																
RATING																
10																
9																
8																
7																
6																
5																
4																
3																
2																
1																
DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16