My Intention Seed My intention for this month: Plant a thought, nurture it, and watch it grow Values that align with this intention: How my intention will blossom in my life Resources that can help me: My choices Words (affirmations or reminders) Steps I take I tell myself to stay aligned: each week The words to help my seed I say to support grow my intention Clear Choices I make to stay focused intention on my intention: (seed) Resources Values that that can help alian with support my seed this intention



Steps I take each week: