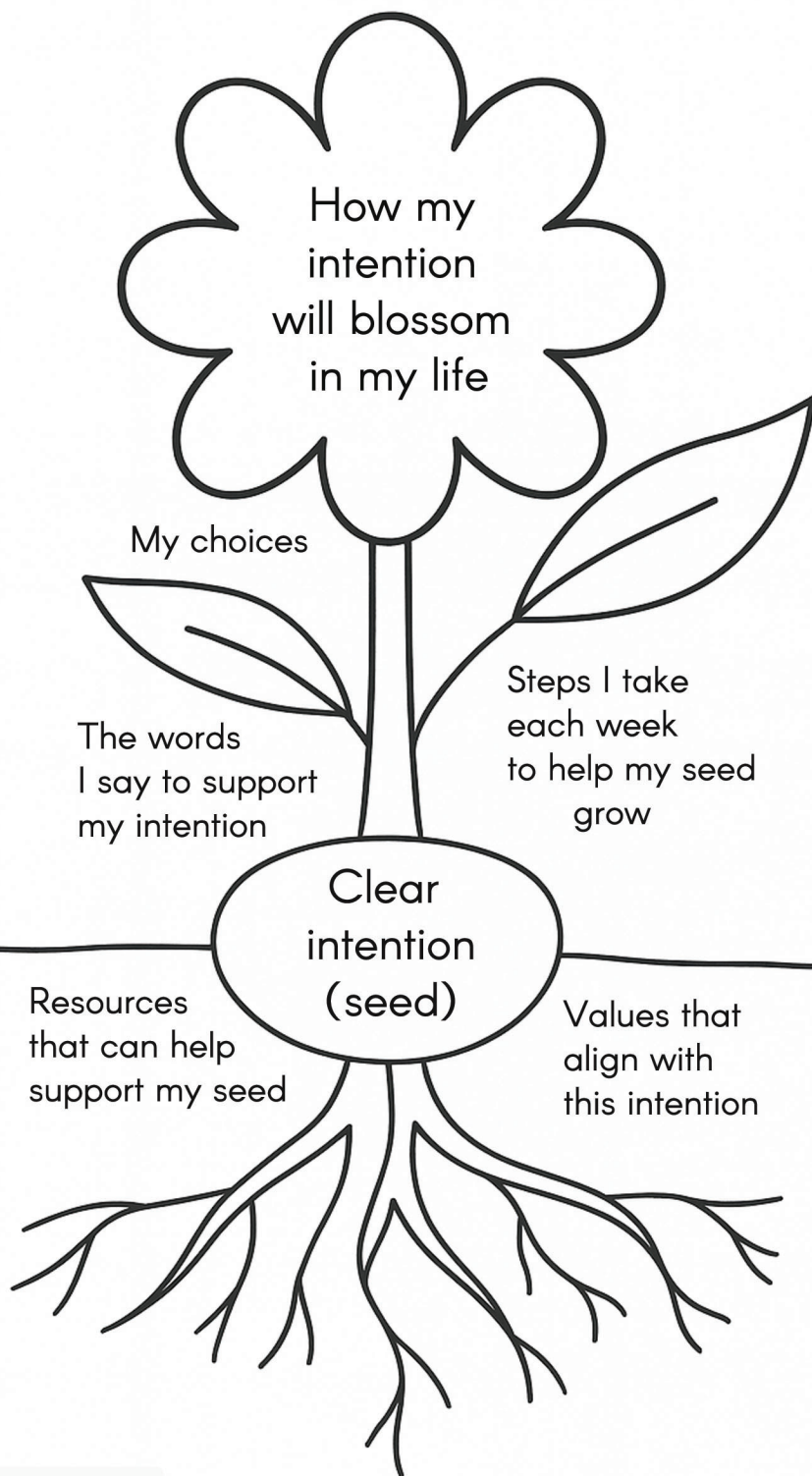


My Intention Seed

Plant a thought, nurture it, and watch it grow



My intention for this month:

Values that align with this intention:

Resources that can help me:

Words (affirmations or reminders) I tell myself to stay aligned:

Choices I make to stay focused on my intention:

Steps I take each week:

