



MONTHLY INTENTIONS

Living gently, with purpose



MONTH: _____

THIS MONTH I WANT TO...

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____



THINGS I'M looking forward to

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____



ONE THING I WOULD like to focus on

- _____
- _____
- _____
- _____
- _____
- _____



WAYS I WILL CARE FOR myself this month

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



NOTES & REMINDERS



GRATEFUL FOR...

Three things I am grateful for right now

1. _____
2. _____
3. _____



Small steps
create beautiful
days.

