



One step at a time is all it takes to get you there

BEGIN WITH 3 Gratitudes

- 1 _____
- 2 _____
- 3 _____

Today I choose:

THINGS TO GET DONE TODAY

MOOD:



Evening Ritual

listen to 'connect and center yourself'

YOUR INTENTION

3 steps towards my intention

- 1
- 2
- 3

Love my body.

MOVE



PLAY



LAUGH



WISDOM OF THE SEASONS

who journeyed with me

Today's lesson:

what I made happen/ surprise/ synchronicity

Days Review