
2026

F E B R U A R Y

Alignment Begins With Intention.

This planner serves as a space to pause, reflect, and thoughtfully design the life you aspire to lead.

You don't need to have everything sorted out. Perfection is not a requirement. All you need is the willingness to start.

Within these pages you will discover prompts designed to:

Reconnect with your true self
Clarify your values
Take small, meaningful steps forward

The future is in your hands—build it with intention.

JOURNEY MAP

1 February
Overview

3 Align Your Energy

5 The Rebrand

7 Your Manifesto

8 Define Your
Vision

10 Develop Your
Goals

12 Aligned Action -
Weekly Planning



02.

FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

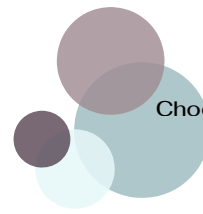
NOTES:

Alignment

The quiet work of choosing yourself again and again

This page invites you to reflect on what you want more of, and what no longer fits so 2026 can be shaped with intention rather than pressure.

There is no right pace. No perfect plan. Just alignment.



2026 Alignment

Choose what fits. Release what doesn't

Reflection

What am I most proud of from last year?	What challenged me the most, and what did it teach me?	What moments brought me the most joy or peace?	What habits, patterns, or relationships do I want to leave behind in 2025?	What am I grateful for right now?
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Self Awareness

How do I want to feel this year? Emotionally /	What does 'balance' look like for me in 2026?	What areas of my life feel out of alignment, and what needs to change?	What beliefs about myself do I need to rewrite to move forward?	Who do I become when I am my best?
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Vision & Goals

What are the top 3 habits I would like to build in 2026?	What three major goals will define my year?	What skills would I like to grow in 2026?	What projects or dreams have I been postponing that deserve my attention?	What would make this year feel successful, regardless of outcomes?
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Mindset & Intention

What word or phrase will guide me through 2026?	How will I celebrate small wins along the way?	What personal strengths do I want to expand or refine in 2026?	How can I bring more joy, creativity, or play into my everyday life?	If I were fully confident and unafraid, what bold steps would I make this month?
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The Monthly Rebrand

This is a conscious reset. Not to reinvent yourself, but to realign with who you are becoming.

Each month, you're invited to review what's shaping your life, release what feels misaligned, and intentionally choose how you want to move forward — with clarity, purpose, and direction.



Visioning the Rebrand

If this were a rebrand, what would the new tagline for my life be?

What stays? What goes?

How do I want this next season to feel?

What is one decision that would honour the new version of me?

Identity & Self-Concept

Who am I becoming in this next chapter?

What parts of my old identity no longer fit?

If I were meeting myself for the first time, how would I describe me?

What do I want to be known for?

Name an inspirational figure you admire and want to learn from.

Vision & Goals

What matters to me now (not five years ago)?

Where am I living out of alignment with my values?

What would my life look like if it felt more aligned?

Pause. Realign. Step Forward Differently.

The Manifesto

February invites a fresh reset — a moment to pause, realign, and decide what truly matters now. Use this manifesto to set intentions from a place of self-awareness rather than pressure. Write honestly, choose gently, and allow your vision to evolve as you move through the month.

The diagram consists of a central circle with a thick, multi-colored border (shades of purple, blue, and brown) and eight smaller circles arranged around it. Each outer circle is connected to the central border by a line. The central circle contains the text "I am done tolerating:" followed by ten horizontal dotted lines for writing. The outer circles are labeled as follows:

- Top-left: I will not settle for less than:
- Top-right: I am ready to reclaim power I gave away by:
- Right: I will live boldly by:
- Bottom-right: The unapologetic me will embrace these parts of me:
- Bottom: I forgive myself for:
- Bottom-left: I promise to honor my integrity by:
- Left: What relationships inspire me the most:
- Top-left (inner): I am worthy of:

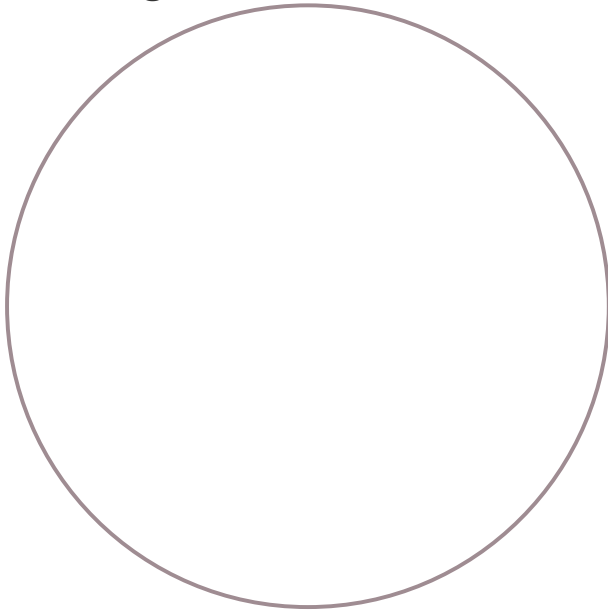
Vision Board

“A vision board isn’t about wishing — it’s about remembering what you’re building when the world gets noisy.”

Vision Board

Draw, Paste, or Write What You Are Manifesting

Dream Big



Personal



Alignment



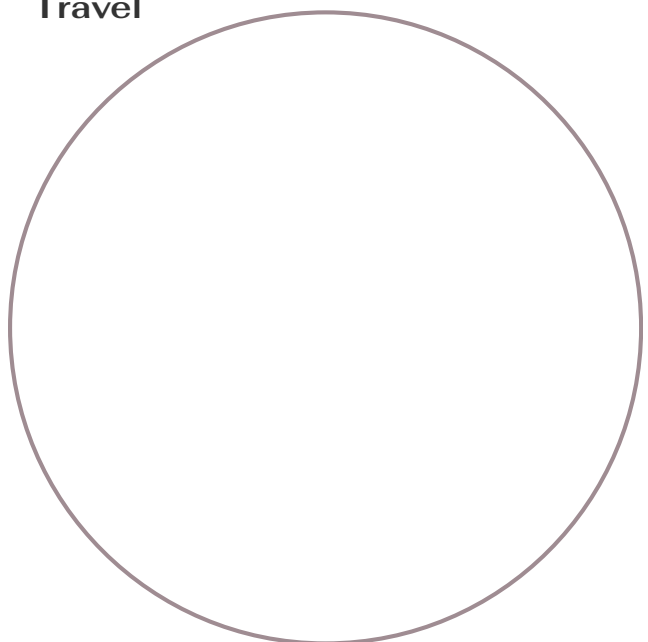
Health



Success



Travel



Goal Planner

The Goal

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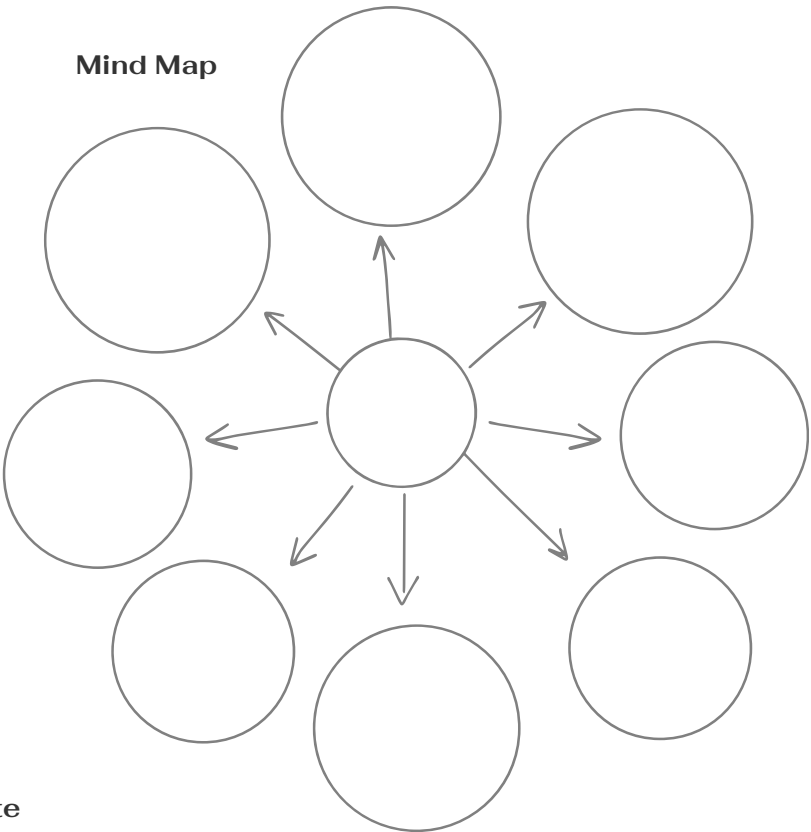
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Actual Date /

Contacts /

Motivation

Mind Map



Action Plan

Due Date

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Outcomes

Notes

Goal Planner

The Goal

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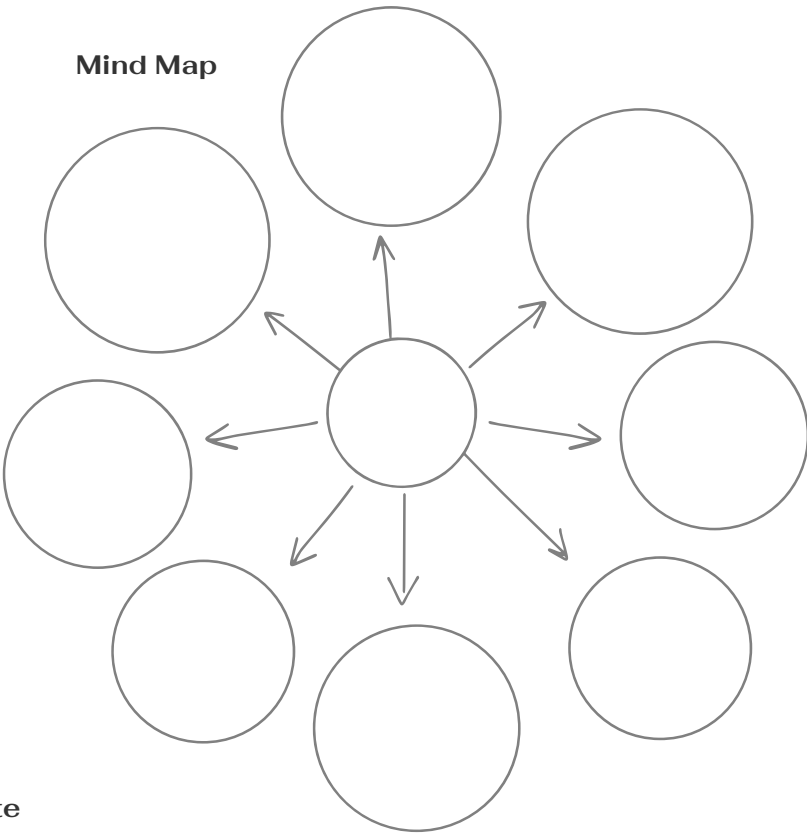
Deadline /

Actual Date /

Contacts /

Motivation

Mind Map



Action Plan

Due Date

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Outcomes

Notes

Week 1

"Alignment is not a destination you reach, but a rhythm you choose to live by every single day."

Weekly Money Alignment

"Budgeting tells your money where to go instead of wondering where it went."

February 2026 Week One

Income & Inflow	\$
Total	___/___/___ \$

Savings	\$
Savings	
Investments	
Emergency Fund	
Total	___/___/___ \$

Debt Repayment	\$
Loan One	
Loan Two	
Credit Card One	
Credit Card Two	
Total	___/___/___ \$

Budget Summary	\$
Total Income	
Total Savings	
Total	
Total Expenses	
Total Debt Repayment	
Total	___/___/___ \$

Expenses

	Rent / Mortgage	___/___/___	\$
	Electricity	___/___/___	\$
	Internet	___/___/___	\$
	Other Utilities	___/___/___	\$
	Life Insurance	___/___/___	\$
	Mobile Phone	___/___/___	\$
	Gas	___/___/___	\$
	Car Insurance	___/___/___	\$
	Subscriptions	___/___/___	\$
	Dining Out	___/___/___	\$
	Entertainment	___/___/___	\$
	Gifts	___/___/___	\$
		___/___/___	\$
		___/___/___	\$
		___/___/___	\$
		___/___/___	\$
	Total	___/___/___	\$



Weekly Intentions

I set my intention and let the week unfold with purpose.

Week One / — / /

Monday	This Week's Tag Line																																																							

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Sunday																																																								

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Sunday 1st of February 2026

"Sometimes starting over is the bravest step toward re-building."

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

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Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Monday 2nd of February 2026

"Success is creating a life that feels aligned, not just impressive"

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Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Tuesday 3rd of February 2026

"Progress doesn't have to be big to matter."

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Eat The Frog

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Critical Communications

Phone / Text / Email

Top 5 To Do

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Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“

_____”

Intentions Today

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Personal Communications

Surprise someone today with a gift or a note.

• • • •

End of Day Check-in

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On The Menu

• Rise & Shine

• Mid Morning

• Lunch

• Afternoon Snack

• Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

• _____

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• _____

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“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Wednesday 4th of February 2026

"Change your mindset, and change your life."

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Eat The Frog

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Critical Communications

Phone / Text / Email

Top 5 To Do

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Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“learn the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Thursday 5th of February 2026

"Sometime the best therapy is a walk with a friend."

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

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Personal Communications

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End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Friday 6th of February 2026

"Sometimes starting over is the bravest step toward rebuilding."

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="checkbox"/>	
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Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

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Personal Communications

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☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Saturday 7th of February 2026

"Happiness isn't a place - it's a choice."

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="radio"/>	
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Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

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Personal Communications

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End of Day Check-in

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On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are you manifesting today?

[illegible]

Sunday 8th of February 2026

"Little habits can lead to powerful changes."

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

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Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Week 2

"You don't have to see the whole staircase; you just have to take the first intentional step."

Weekly Money Alignment

"Budgeting tells your money where to go instead of wondering where it went."

February 2026 Week Two

Income & Inflow	\$
Total	___/___/___ \$

Savings	\$
Savings	
Investments	
Emergency Fund	
Total	___/___/___ \$

Debt Repayment	\$
Loan One	
Loan Two	
Credit Card One	
Credit Card Two	
Total	___/___/___ \$

Budget Summary	\$
Total Income	
Total Savings	
Total	
Total Expenses	
Total Debt Repayment	
Total	___/___/___ \$

Expenses

	Rent / Mortgage	___/___/___	\$
	Electricity	___/___/___	\$
	Internet	___/___/___	\$
	Other Utilities	___/___/___	\$
	Life Insurance	___/___/___	\$
	Mobile Phone	___/___/___	\$
	Gas	___/___/___	\$
	Car Insurance	___/___/___	\$
	Subscriptions	___/___/___	\$
	Dining Out	___/___/___	\$
	Entertainment	___/___/___	\$
	Gifts	___/___/___	\$
		___/___/___	\$
		___/___/___	\$
		___/___/___	\$
		___/___/___	\$
	Total	___/___/___	\$



Week Two / — / /

Monday	This Week's Tag Line						
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Monday 9th of February 2026

"Sometimes, you have to go through it to get past it."

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Eat The Frog

Things you don't want to do but have to:

<input type="checkbox"/>	
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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="checkbox"/>	
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Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Tuesday 10th of February 2026

"Your path doesn't need to look like anyone else's to be valid."

<input type="checkbox"/>	5:00 am
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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

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Brain Dump

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☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Wednesday 11th of February 2026

"Don't let the past take time away from the life ahead."

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

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Brain Dump

What you need to move to tomorrow:

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☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Thursday 12th of February 2026

"Strength you don't see is already within you."

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

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Brain Dump

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Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Friday 13th of February 2026

"Alignment is not a one-time fix, but the daily ritual of returning to yourself."

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Eat The Frog

Things you don't want to do but have to:

<input type="checkbox"/>	
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<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Saturday 14th of February 2026

"Small, meaningful steps are the bridge between your values and your reality."

<input type="checkbox"/>	5:00 am
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Eat The Frog

Things you don't want to do but have to:

<input type="checkbox"/>	
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<input type="checkbox"/>	
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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

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Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

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What creative idea or thought came up today?

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☐ Rise & Shine

☐ Mid Morning

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☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are you manifesting today?

[illegible]

Sunday 15th of February 2026

"Clarity comes with time - give yourself grace"

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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="checkbox"/>	
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<input type="checkbox"/>	

Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

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☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Week 3

"Intentional living is the art of making sure your 'now' matches your 'next'."

Weekly Money Alignment

"Budgeting tells your money where to go instead of wondering where it went."

February 2026 Week Three

Income & Inflow	\$
Total	__/__/__ \$

Savings	\$
Savings	
Investments	
Emergency Fund	
Total	__/__/__ \$

Debt Repayment	\$
Loan One	
Loan Two	
Credit Card One	
Credit Card Two	
Total	__/__/__ \$

Budget Summary	\$
Total Income	
Total Savings	
Total	
Total Expenses	
Total Debt Repayment	
Total	__/__/__ \$

Expenses

	Rent / Mortgage	__/__/__	\$
	Electricity	__/__/__	\$
	Internet	__/__/__	\$
	Other Utilities	__/__/__	\$
	Life Insurance	__/__/__	\$
	Mobile Phone	__/__/__	\$
	Gas	__/__/__	\$
	Car Insurance	__/__/__	\$
	Subscriptions	__/__/__	\$
	Dining Out	__/__/__	\$
	Entertainment	__/__/__	\$
	Gifts	__/__/__	\$
		__/__/__	\$
		__/__/__	\$
		__/__/__	\$
		__/__/__	\$
	Total	__/__/__	\$



Weekly Intentions

I set my intention and let the week unfold with purpose.

Week Three / — / /

Monday	This Week's Tag Line																																																							

Tuesday	<div>Habits</div> <table border="1"> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> <tr><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td><td>●</td></tr> </table>							●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●							
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Saturday	<div>Mood / Energy level</div> <table border="1"> <tr> <td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td> </tr> <tr> <td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td> </tr> <tr> <td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td> </tr> <tr> <td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td> </tr> <tr> <td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td> </tr> <tr> <td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td> </tr> <tr> <td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td><td>😊</td> </tr> </table>							😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊
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Sunday																																																								

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Monday 16th of February 2026

"Don't let fear hold you back from brilliance."

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Eat The Frog

Things you don't want to do but have to:

<input type="radio"/>	
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<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Tuesday 17th of February 2026

"Your vibe attracts your tribe."

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Eat The Frog

Things you don't want to do but have to:

<input type="checkbox"/>	
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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="checkbox"/>	
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Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

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☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Wednesday 18th of February 2026

"If you are ever in doubt, let kindness lead."

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Eat The Frog

Things you don't want to do but have to:

<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	

Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="checkbox"/>	
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<input type="checkbox"/>	
<input type="checkbox"/>	
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Brain Dump

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“ _____ ”

_____ ”

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☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Thursday 19th of February 2026

"Perfection is not a requirement for alignment; all you need is the willingness to start."

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Eat The Frog

Things you don't want to do but have to:

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<input type="checkbox"/>	

Critical Communications

Phone / Text / Email

Top 5 To Do

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<input type="checkbox"/>	

Brain Dump

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Write Your Daily Horoscope

“ _____ ”

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☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Friday 20th of February 2026

"Alignment is the quiet power of your 'yes' matching your 'why!'"

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Eat The Frog

Things you don't want to do but have to:

<input type="checkbox"/>	
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Critical Communications

Phone / Text / Email

Top 5 To Do

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<input type="checkbox"/>	
<input type="checkbox"/>	

Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

Today I choose to show up as:

Personal Communications

Surprise someone today with a gift or a note.



End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Saturday 21th of February 2026

"Progress matters more than perfection."

<input type="checkbox"/>	5:00 am
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Eat The Frog

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<input type="checkbox"/>	
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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	
<input type="checkbox"/>	

Brain Dump

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☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

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Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

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What are you manifesting today?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Sunday 22nd of February 2026

"Every small win moves you closer to success."

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Eat The Frog

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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	

Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

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_____ ”

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On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Week 4

"This week is a conscious reset—not to change who you are, but to realign with who you are becoming."

Weekly Money Alignment

"Budgeting tells your money where to go instead of wondering where it went."

February 2026 Week Four

Income & Inflow	\$
Total	___/___/___ \$

Savings	\$
Savings	
Investments	
Emergency Fund	
Total	___/___/___ \$

Debt Repayment	\$
Loan One	
Loan Two	
Credit Card One	
Credit Card Two	
Total	___/___/___ \$

Budget Summary	\$
Total Income	
Total Savings	
Total	
Total Expenses	
Total Debt Repayment	
Total	___/___/___ \$

Expenses

	Rent / Mortgage	___/___/___	\$
	Electricity	___/___/___	\$
	Internet	___/___/___	\$
	Other Utilities	___/___/___	\$
	Life Insurance	___/___/___	\$
	Mobile Phone	___/___/___	\$
	Gas	___/___/___	\$
	Car Insurance	___/___/___	\$
	Subscriptions	___/___/___	\$
	Dining Out	___/___/___	\$
	Entertainment	___/___/___	\$
	Gifts	___/___/___	\$
		___/___/___	\$
		___/___/___	\$
		___/___/___	\$
		___/___/___	\$
	Total	___/___/___	\$



Weekly Intentions

I set my intention and let the week unfold with purpose.

Week Four _____ – _____ / _____ / _____

Monday	This Week's Tag Line	
Tuesday	Habits	
Wednesday		
Thursday		
Friday		
Saturday		
Sunday	Mood / Energy level	

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Monday 23rd of February 2026

"You are allowed to evolve beyond who you were yesterday."

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Eat The Frog

Things you don't want to do but have to:

<input type="radio"/>	
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<input type="radio"/>	
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Critical Communications

Phone / Text / Email

Top 5 To Do

<input type="radio"/>	
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<input type="radio"/>	
<input type="radio"/>	

Brain Dump

What you need to move to tomorrow:

Write Your Daily Horoscope

“ _____ ”

_____ ”

Intentions Today

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End of Day Check-in

I was really proud of how I handled this situation?

What creative idea or thought came up today?

What small win did I have today?

I am excited tomorrow because?

What stress or worry can I let go of before tomorrow?

On The Menu

☐ Rise & Shine

☐ Mid Morning

☐ Lunch

☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Tuesday 24th of February 2026

"Focus on the flow, not the force."

<input type="checkbox"/>	5:00 am
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Eat The Frog

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Critical Communications

Phone / Text / Email

Top 5 To Do

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Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

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Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

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Wednesday 25th of February 2026

"Momentum is built one honest step at a time."

<input type="checkbox"/>	5:00 am	
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<input type="checkbox"/>	6:00 am	
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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

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<input type="checkbox"/>	
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<input type="checkbox"/>	

Brain Dump

What you need to move to tomorrow:

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“ _____ ”

_____ ”

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☐ Afternoon Snack

☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

What are you manifesting today?

[illegible]

Thursday 26th of February 2026

"Write it down. Feel it real. Move toward it."

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<input type="checkbox"/>	6:00 am
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Eat The Frog

Things you don't want to do but have to:

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Critical Communications

Phone / Text / Email

Top 5 To Do

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☐ Dinner

Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Friday 27th of February 2026

"Change becomes powerful when it becomes daily."

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Eat The Frog

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Critical Communications

Phone / Text / Email

Top 5 To Do

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Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

“Clear the mind. Set the tone. Begin gently.”

Gratitude / Manifestation

“Gratitude grounds. Intention directs.”

What are you grateful for today?

What are you manifesting today?

[illegible]

Saturday 28th of February 2026

"Your future is built in the quiet choices no one sees."

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Eat The Frog

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<input type="checkbox"/>	

Critical Communications

Phone / Text / Email

Top 5 To Do

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Brain Dump

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“ _____ ”

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Calories:

Water:

Grocery List

Stuff To Get Done

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Monthly Reflection & Reset

Growth happens when we stop long enough to notice it. These end-of-month questions invite you to celebrate progress, learn from challenges, and gently realign your direction. Use this space to reflect honestly, release what no longer fits, and move forward with clarity and purpose.

Monthly Reflection & Realignment

"Pause. Acknowledge. Begin again."



End of Month Check In

I was really proud of how I handled this situation?

What felt most aligned for me this month — and why?

What am I most proud of, even if it felt small at the time?

Where did I experience growth, change, or a shift in perspective?

What drained my energy — and what does that teach me going forward?

What supported my wellbeing and helped me feel grounded?

What patterns or habits showed up that I want to keep or release?

What did I learn about myself this month?

What intention do I want to carry forward into the next month?

End of Month Statement

“

”

