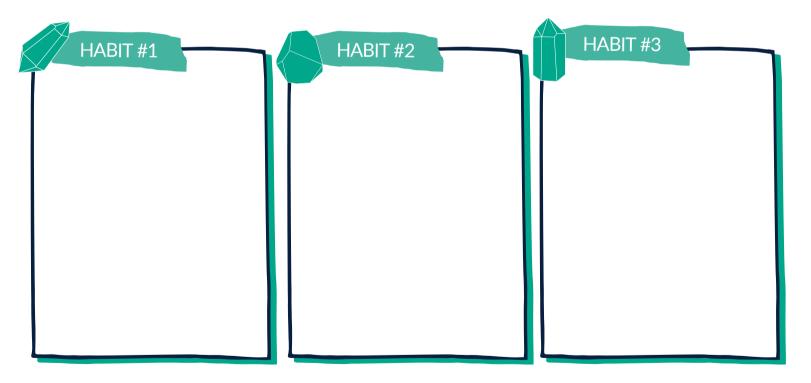
my intention planner

MY INTENTION FOR THIS MONTH IS:

Now, commit to 3 daily habits you will adopt or actions you will take that will help you to work towards your monthly intention. Write them in the space below.



MY CRYSTAL TO STAY ON TRACK IS:

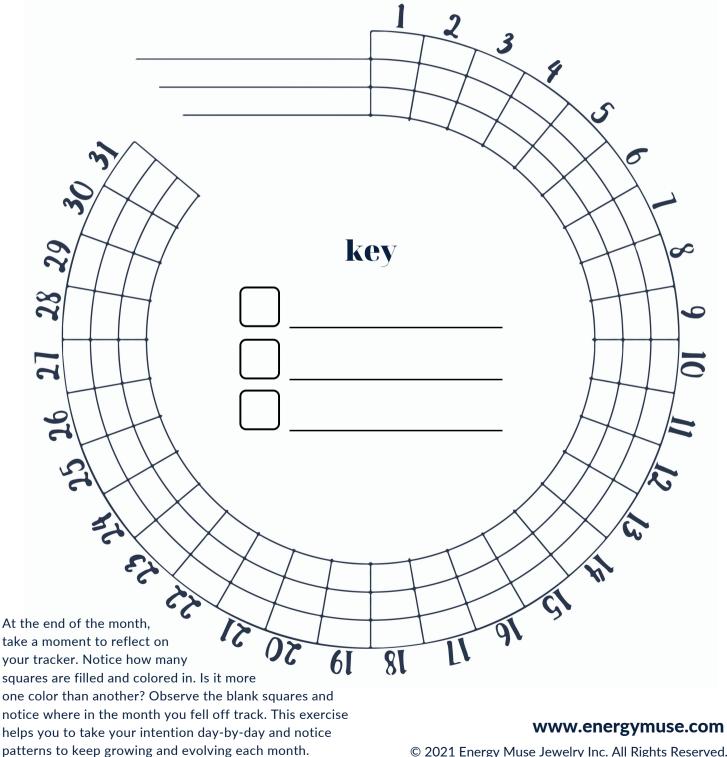


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MONTH

my intention tracker

Write your 3 daily habits you committed to on the page prior in the lines below, as well as in the key at the bottom of the page. Choose 1 color for each habit to use on your tracker. Fill in that color in the key as well. At the end of each day of the month, find the corresponding date on the outside of the circle. Take a moment to reflect on your 3 habits. If you feel that you successfully fulfilled your commitment to that habit on that day, color in the corresponding square. If not, leave that square blank.



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