

MY WEEKLY INTENTION

Have to do

Could do

Let go of

I will nurture myself this week...

Physically

Spiritually

Emotionally

Mentally

Insight to integration or Yearning to enjoy

Two or three stresses looming this week

INSTEAD OF _____

, I COULD _____

To ease my stress or bring more healthy well-being into my life.

I want to remember:

What I am reading that pertains to this week is:
