TODAY'S INTENTIONS

Focus. Align. Take action.

Set your intentions and focus on what truly matters today.

DATE _____ **TIME** _____

1. TODAY, I CHOOSE TO...

_____

_____

_____

_____

2. 3 PRIORITIES FOR TODAY

1. _____
2. _____
3. _____

3. I AM GRATEFUL FOR...

1. _____
2. _____
3. _____

4. SMALL STEP, BIG CHANGE

One small action I can take today

_____

_____

_____

_____

5. AFFIRMATION

I am...

_____

_____

_____

_____

Small choices still move me forward.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.