



≡ 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.