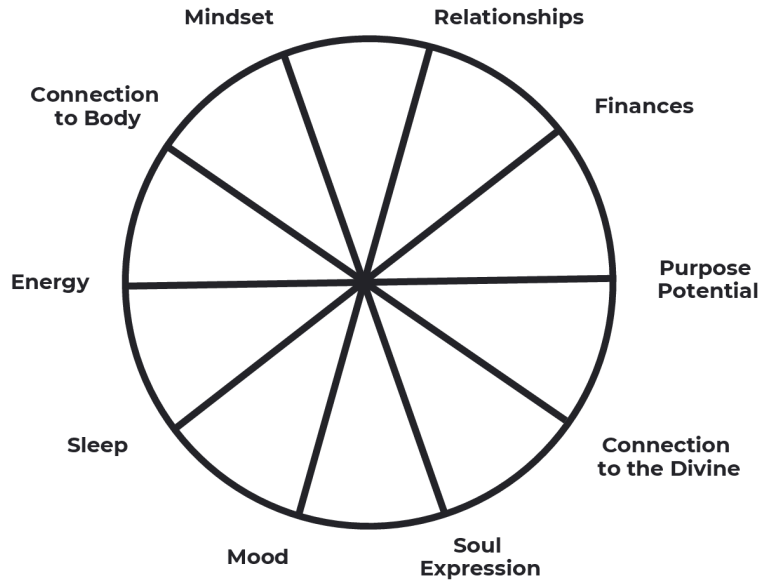


OCTOBER '24 INTENTIONS

"Identity can not be found or fabricated but emerges from within when one has the courage to let go." ~ Doug Cooper

RATE THE PREVIOUS MONTH IN EACH AREA:

Like a 1-10 scale, the outer edge is 10 & the center of the wheel is 1.



THE BIGGEST CHALLENGE I FACED:

WHAT DID/IS IT TEACHING ME?

MY OVERALL VIBERANCY

LAST MONTH (1-10):

DAILY VIBE TRACKER



WHAT IS MY VISION FOR OCTOBER? Write a short letter to yourself from the perspective of being at the end of the month already. What are you proud of yourself for? What did you prioritize? How did it impact your wheel on the left from last month?

WHY THIS? WHY NOW?

HOW WILL THIS POSITIVELY IMPACT MY LIFE?

WHAT DO I NEED TO LET GO OF OR SAY NO TO THIS MONTH TO CREATE SPACE FOR THIS VISION?

WEEKLY FOCUSES

WEEK

01

3 WORDS I WANT TO EMBODY THIS WEEK: _____

VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING AFTERNOON EVENING

PRIORITY OR BIG EVENT TO VISUALIZE IN PRACTICE: _____

JOY ACTIVITY: _____

MORNING
SELF-CARE: _____

EVENING
SELF-CARE: _____

WEEK

02

3 WORDS I WANT TO EMBODY THIS WEEK: _____

VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING AFTERNOON EVENING

PRIORITY OR BIG EVENT TO VISUALIZE IN PRACTICE: _____

JOY ACTIVITY: _____

MORNING
SELF-CARE: _____

EVENING
SELF-CARE: _____

WEEK

03

3 WORDS I WANT TO EMBODY THIS WEEK: _____

VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING AFTERNOON

PRIORITY OR BIG EVENT TO VISUALIZE IN PRACTICE: _____

JOY ACTIVITY: _____

MORNING
SELF-CARE: _____

EVENING
SELF-CARE: _____

WEEK

04

3 WORDS I WANT TO EMBODY THIS WEEK: _____

VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING AFTERNOON

PRIORITY OR BIG EVENT TO VISUALIZE IN PRACTICE: _____

JOY ACTIVITY: _____

MORNING
SELF-CARE: _____

EVENING
SELF-CARE: _____