

My intention today

♥ DATE

♥ HOW DO I WANT TO FEEL TODAY?

♥ DO I NOTICE ANY NEGATIVE THOUGHTS OR ANXIETY?

LIVE SIMPLY. DREAM BIG. BE GRATEFUL. LAUGH LOTS.

My intention today

♥ I CHOOSE TO DOTO HELP ME
RESOLVE THIS ANXIETY (TYPE BELOW ANY POTENTIAL
RESOLUTIONS TO RELEASE YOUR ANXIETY)

♥ CAN I TAKE ANY ACTION NOW TO RESOLVE THIS
ISSUE? (IF IT'S AN ISSUE YOU CAN'T RESOLVE NOW,
FOCUS ON AN AFFIRMATION THAT COULD HELP)