DAYPOP

This month, an *intention*.

Not a goal with a score. A few words to hold in mind, so it can quietly shape the choices in front of you.

MY INTENTION FOR THE MONTH

What would make this month feel calmer?

What do I keep wishing I had more of, or less of?

Small ways I can lean toward it

What I will let go of, just for this month

CUT OUT AND KEEP WHERE YOU WILL SEE IT

This month: my intention, in a few words.

Free to print and share for personal use