

SOUL EMBODIMENT

Wellness Coaching

LEVEL-UP MONTHLY INTENTION WORKSHEET

M.M.M – MONTHLY MOTIVATIONAL MANTRA

THIS MONTHS INTENTIONS

THIS MONTH I AM GRATEFUL FOR

TO LEVEL-UP AND MANIFEST MORE HAPPINESS, SELF-CONNECTION AND OPPORTUNITES I WILL FOCUS MORE ON

TO HONOR MY VOICE AND REMOVE THING THAT NO LONGER SUPPORT ME I WILL SAY NO TO

ONE NEW HABIT TO ADOPT

THIS MONTH I WANT TO LEARN

3 MONTHLY GOALS

WIN FOR THE MONTH

