



BE THE WELLNESS

Day Five

LIVING WITH INTENTION

WHAT IS YOUR INTENTION TODAY?
HOW DO YOU WANT TO SHOW UP IN THE WORLD?

WHAT PRACTICES OR ACTIONS CAN YOU BRING INTO YOUR DAY
TO BEST SUPPORT THAT INTENTION?

WHAT'S ONE THING YOU CAN DO OR CHANGE TODAY
THAT WOULD HAVE THE MOST IMPACT ON THE REST OF YOUR DAY?

