

Setting My Intention

a gentle compass for the month ahead

Name _____

Date _____

● How I arrive today

Circle the words that fit, add your own on the line.

calm

tired

hopeful

heavy

curious

scattered

grateful

open

tender

bright

● One word for the month ahead

If this month had a single guiding word, what would you love it to be?

● My intention, written kindly

"This month, I choose to..." — small and honest beats grand and forgotten.

● What might get in the way — and my gentle answer to it

● One tiny first step I can take this week

Fold this into your bag — let it find you again on an ordinary day.