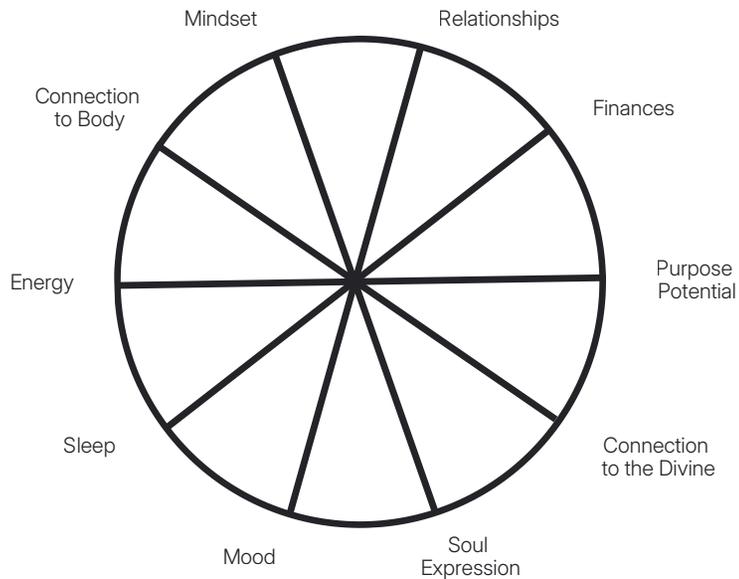


APR '26 INTENTIONS

*"JOY IS A FORM OF RESISTANCE."
— TOI DERRICOTTE*

RATE THE PREVIOUS MONTH IN EACH AREA:

Like a 1-10 scale, the outer edge is 10 & the center of the wheel is 1.



THE BIGGEST CHALLENGE I FACED:

WHAT DID/IS IT TEACHING ME?

MY OVERALL VIBRANCY LAST MONTH WAS (1-10):

DAILY VIBE TRACKER



WHAT IS MY VISION FOR APRIL?

Write a short letter to yourself from the perspective of being at the end of the month already. What are you proud of yourself for? What did you prioritize? How did it impact your wheel on the left from the previous month?

WHY THIS? WHY NOW?

HOW WILL THIS POSITIVELY IMPACT MY LIFE?

WHAT DO I NEED TO LET GO OF OR SAY NO TO THIS MONTH TO CREATE SPACE FOR THIS VISION?

WEEKLY FOCUSES

WEEK

01

3 WORDS I WANT TO EMBODY THIS WEEK:

VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING

AFTERNOON

EVENING

EVENT TO VISUALIZE/BELIEF TO EMBODY IN PRACTICE:

JOY ACTIVITY:

MORNING

SELF-CARE:

EVENING

SELF-CARE:

WEEK

02

3 WORDS I WANT TO EMBODY THIS WEEK:

VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING

AFTERNOON

EVENING

EVENT TO VISUALIZE/BELIEF TO EMBODY IN PRACTICE:

JOY ACTIVITY:

MORNING

SELF-CARE:

EVENING

SELF-CARE:

WEEK

03

3 WORDS I WANT TO EMBODY THIS WEEK:

VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING

AFTERNOON

EVENING

EVENT TO VISUALIZE/BELIEF TO EMBODY IN PRACTICE:

JOY ACTIVITY:

MORNING

SELF-CARE:

EVENING

SELF-CARE:

WEEK

04

3 WORDS I WANT TO EMBODY THIS WEEK:

VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING

AFTERNOON

EVENING

EVENT TO VISUALIZE/BELIEF TO EMBODY IN PRACTICE:

JOY ACTIVITY:

MORNING

SELF-CARE:

EVENING

SELF-CARE:

VIBE TRIBE MEMBERSHIP