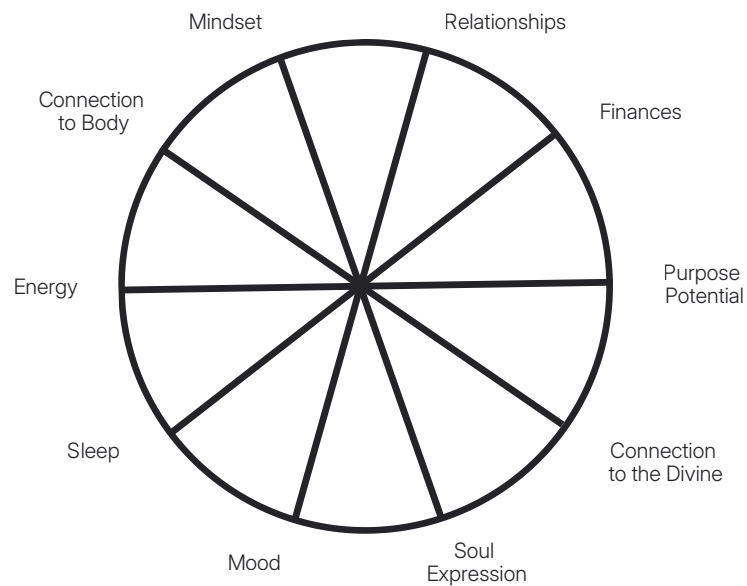


OCT '26 INTENTIONS

*"DON'T DIE WITH YOUR MUSIC STILL INSIDE YOU.
LISTEN TO YOUR INTUITIVE INNER VOICE AND FIND
WHAT PASSION STIRS YOUR SOUL." — WAYNE DYER*

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):**

WHAT IS MY VISION FOR OCT?

*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?**

**DAILY VIBE
TRACKER**



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