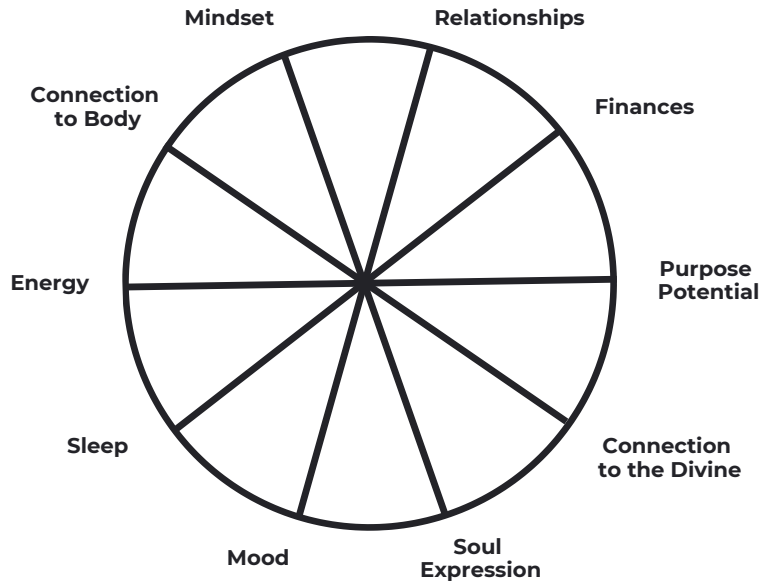


# JANUARY '25 INTENTIONS

"Define success on your own terms, achieve it by your own rules, and build a life you're proud to live." – Anne Sweeney

## 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:

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## WHAT DID/IS IT TEACHING ME?

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MY OVERALL **VIBERANCY**  
LAST MONTH WAS (1-10):

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## DAILY VIBE TRACKER



**WHAT IS MY VISION FOR JANUARY?** *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?

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## HOW WILL THIS POSITIVELY IMPACT MY LIFE?

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

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# WEEKLY FOCUSES

WEEK

**01**

3 WORDS I WANT TO EMBODY THIS WEEK:

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VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING  AFTERNOON  EVENING

EVENT TO VISUALIZE/BELIEF TO EMBODY IN PRACTICE:

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JOY ACTIVITY:

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MORNING SELF-CARE:

---

EVENING SELF-CARE:

---

WEEK

**02**

3 WORDS I WANT TO EMBODY THIS WEEK:

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VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING  AFTERNOON  EVENING

EVENT TO VISUALIZE/BELIEF TO EMBODY IN PRACTICE:

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JOY ACTIVITY:

---

MORNING SELF-CARE:

---

EVENING SELF-CARE:

---

WEEK

**03**

3 WORDS I WANT TO EMBODY THIS WEEK:

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VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING  AFTERNOON  EVENING

EVENT TO VISUALIZE/BELIEF TO EMBODY IN PRACTICE:

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JOY ACTIVITY:

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MORNING SELF-CARE:

---

EVENING SELF-CARE:

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WEEK

**04**

3 WORDS I WANT TO EMBODY THIS WEEK:

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VIBE PRACTICES I'M CREATING SPACE FOR:

MORNING  AFTERNOON  EVENING

EVENT TO VISUALIZE/BELIEF TO EMBODY IN PRACTICE:

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JOY ACTIVITY:

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MORNING SELF-CARE:

---

EVENING SELF-CARE:

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