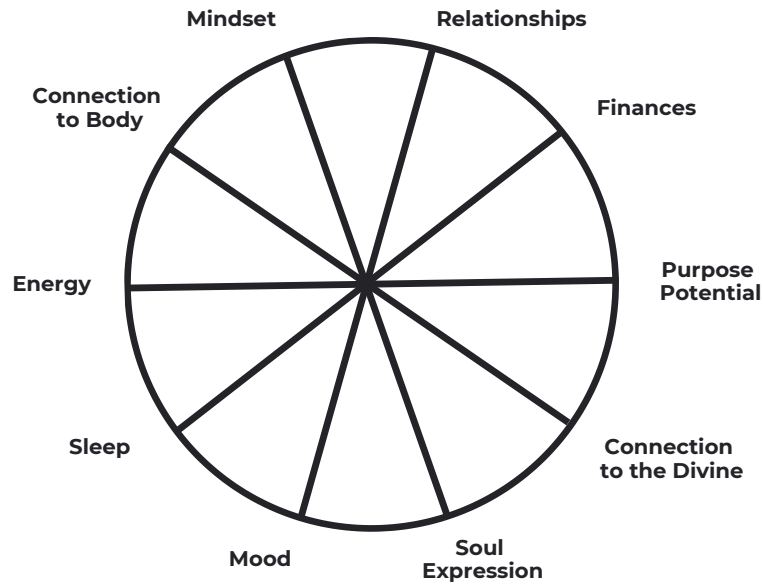


MAY '25 INTENTIONS

"Be mindful of your self-talk. It's a conversation with the Universe." — David James Lees

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

DAILY VIBE TRACKER



WHAT IS MY VISION FOR MAY? *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: