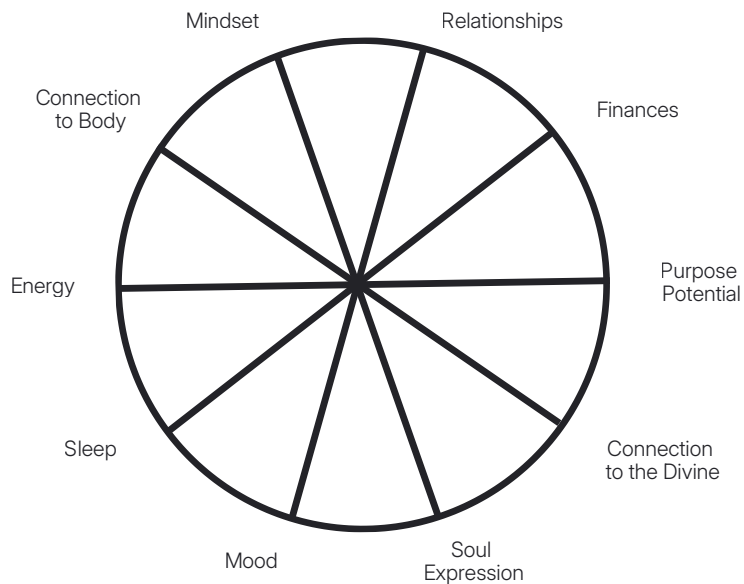


NOV '25 INTENTIONS

**"YOU ARE THE RESULT OF THE LOVE, THE PAIN, AND THE COURAGE
OF ALL THE VERSIONS OF YOU THAT CAME BEFORE."
— UNKNOWN**

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):

MONTH WAS (1-10). _____

DAILY VIBE TRACKER



WHAT IS MY VISION FOR NOV?

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