

# Monthly Intentions

A new month, a new you. Setting intentions is not making a to do list. It's asking something of yourself, and then giving yourself the strength to do it.

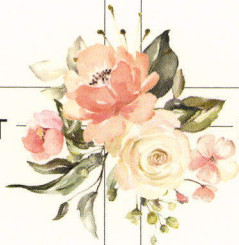
SPIRITUAL HEALTH

PERSONAL LIFE



PHYSICAL HEALTH

KEY RELATIONSHIPS



MONEY MANAGEMENT

PROFESSIONAL GOALS