

My Daily Intention

MODULE 2 -
EPISODE 2 -
LESSON 2

QUESTION 1 - Whom am I contacting or checking in with today?

QUESTION 2 - What resistance or blocks am I letting go of today?

QUESTION 3 - How am I getting outside today and moving around?

QUESTION 4 - What creative outlet am I using today?

QUESTION 5 - What kind of self-care am I engaging in today?

QUESTION 6 - What am I thankful for right now?