## 2024 Intentions & Goals

HEALTH FAMILY PERSONAL this can be any		MORE OF THIS		LESS OF THIS	
HEALTH FAMILY PERSONAL  this can be an personal goals  personal goals  FRIENDSHIPS  PROFESSIONAL  FINANCIAL  INTENTION  ACTION  spend a minute in bed each morning laking a few deep breaths					
INTENTION ACTION  PROFESSIONAL  FINANCIAL  INTENTION  ACTION  Spend 1 minute in bed each morning taking a few deep breaths					
FRIENDSHIPS  PROFESSIONAL  FINANCIAL  INTENTION  ACTION   ACTION  Spend 1 minute in bed each morning taking a few deep breaths		HEALTH	FAMILY	PERSONAL	
FRIENDSHIPS  PROFESSIONAL  FINANCIAL  ACTION  ex: slow down, be more lighthearteed  spend 1 minute in bed each morning taking a few deep breaths					this can be any personal growth
ex: slow down, be more lightheartened  spend 1 minute in bed each morning taking a few deep breaths					
ex: slow down, be more lightheartewd  spend 1 minute in bed each morning taking a few deep breaths		FRIENDSHIPS	PROFESSIONAL	FINANCIAL	
INTENTION  ACTION  ex: slow down, be more lightheartewd  spend 1 minute in bed each morning taking a few deep breaths					
ex: slow down, be more lightheartewd  spend 1 minute in bed each morning taking a few deep breaths					
be more lightheartewd  spend 1 minute in bed each morning taking a few deep breaths					
spend 1 minute in bed each morning taking a few deep breaths	be more				
					spend 1 minute in bed each morning
					breaths