



♡ *January 2021*

My Intention for this month is:

My 3 Main Goals for this Month are:

1

2

3

One Thing I Can Do This Month to Support My Wellness & Health is:

The biggest adventure you can ever take is to live the life of your dreams.
- Oprah Winfrey

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



♡ February 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

Focus on one thing at a time !

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



March [♥] 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

It always seems impossible until its done.
- Nelson Mandela

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



April 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

Everything you can imagine is real.
- Pablo Picasso

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



May[♥] 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

Beauty begins the moment you decide to be yourself.
- Coco Chanel

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



June[♥] 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

If you cant stop thinking about it, don't stop working on it.
- Michael Jordan

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



July[♥] 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

Just in case no one told you : You are amazing !

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



♥ August 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

What is done with love is done well.
- Vincent van Gogh

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



September 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

Practice self love everyday !

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



October [♥] 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

What you do every day matters more than what you do once in a while.
- Gretchen Rubin

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



November [♥] 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

Live simply, dream big, be grateful, laugh often !

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:



♡ December 2021

My Intention for this month is:

My 3 Main Goals for this Month are:

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One Thing I Can Do This Month to Support My Wellness & Health is:

Be the change you wish to see in the world .
- Mahatma Gandhi

END OF THE MONTH REFLECTIONS

My 3 Wins this Month are:

3 Things I've Learned:

3 Things I am grateful for:
