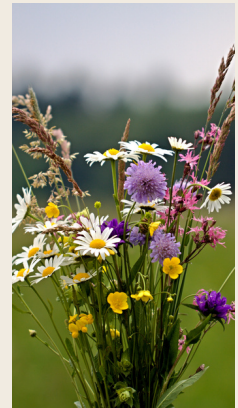


# Intentional Living

Creating a holistic framework for 2024  
MOTHERS GROUP ONLINE



SIMPLE



mothers group online

# Step 1: Define your core values

VALUE #1

VALUE #2

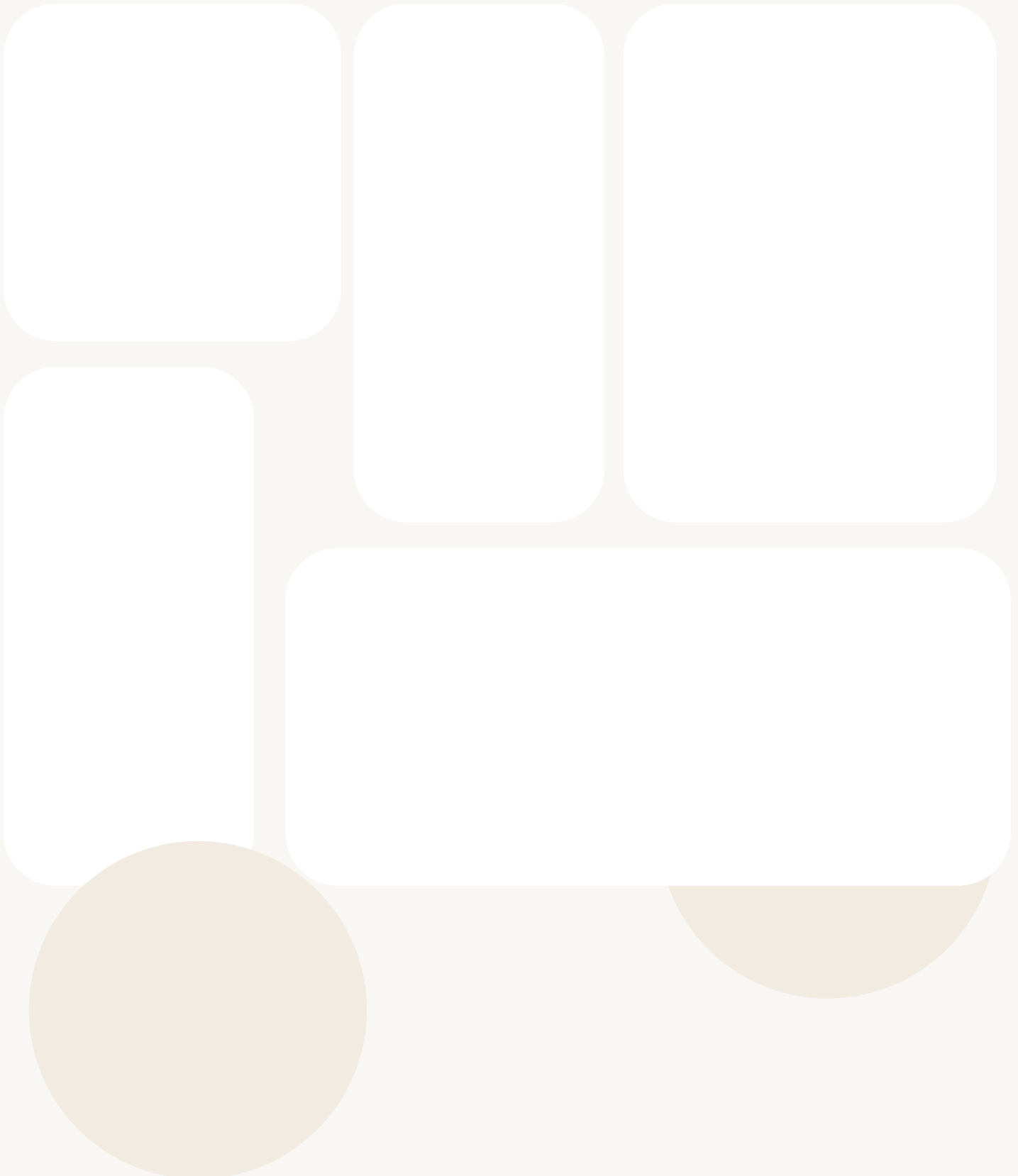
VALUE #3

VALUE #4



# Step 2: Create a Vision Board

EXAMPLE ON THE FRONT PAGE OF THIS GUIDE



# Step 3: Seasonal / Quarterly plan

QUARTER #1 GOAL

QUARTER #2 GOAL

PLAN TO MAKE IT HAPPEN:

PLAN TO MAKE IT HAPPEN:

QUARTER #3 GOAL

QUARTER #4 GOAL

PLAN TO MAKE IT HAPPEN:

PLAN TO MAKE IT HAPPEN:

# Step 4: Your daily wellness goals

DAILY WELLNESS ACTION #1

DAILY WELLNESS ACTION #2

DAILY WELLNESS ACTION #3