

YOUR YEAR ON PURPOSE

MY MANTRA:

What noticeable results or shifts did you experience — in your mindset, energy, relationships or work — as a result of these actions? _____

*What did you learn about yourself through the actions you chose — and how did they align with your mantra?*_____

Where did you feel resistance, and what might that resistance be revealing about your priorities, actions or mindset? _____

*How did consistency — or lack of it — shape your results or your sense of purpose over these 30 days?*_____

*What do you want to carry forward into the next month to keep living with clarity and intention?*_____
