

# 3 MONTHS CURATED

MONTHS \_\_\_\_ - \_\_\_\_

LIVING A SIMPLER, MORE INTENTIONAL LIFE

## REFLECT

What new things did you discover about yourself?

What did you think about more than anything else?

What one thing would you do differently and why?

## INVITE

ENERGY: \_\_\_\_\_

How will this serve me?

SKILL|QUALITY: \_\_\_\_\_

How will this serve me?

HABIT: \_\_\_\_\_

How will this serve me?

## SELF-CARE

In order for me to be my best self, I will \_\_\_\_\_

## GENTLE REMINDERS CHECKLIST

- Get rid of clutter
- Mindfull spending
- Daily recharge
- Practice self-care
- Know your priorities
- Single task
- Practice gratitude

## LIST | NOTES