MONTHLY INTENTIONS *WORKBOOK* FOR WOC

Hi Recocherx, use this workbook to reflect on the previous month and set your monthly intentions.

This is a powerful way to take a moment to reflect, celebrate, and hold yourself accountable on your confidence journey.

Recocha Vibes

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REFLECTIONS

- What were your intentions for this past month?

- What went well?

- What could you have worked on more?

- What are some reasons you are proud of yourself this month?

INTENTIONS

- Set your intentions for the upcoming month. As you do so, make sure that you are writing everything in the present tense. You want to write your intentions as if they are already here, right now.

AFFIRMATIONS

- After setting your intentions affirm yourself. What are the things you have to think about yourself, to make these intentions happen?

Don't be shy, hype yourself up!