

MY PURPOSEFUL WEEK

There is a quote that says, "Live less out of habit and more out of intention." These are wise words, but not always easy to live by. Let's help ourselves out a bit by creating 3 intentional practices we can bring to our week.

Maybe these are the same every week, or maybe they change for your mood. See what your head, heart, and body need and *grow* from there.

MON

- 1.
- 2.
- 3.

WED

- 1.
- 2.
- 3.

TUES

- 1.
- 2.
- 3.

FRI

- 1.
- 2.
- 3.

THURS

- 1.
- 2.
- 3.

SUN

- 1.
- 2.
- 3.

SAT

- 1.
- 2.
- 3.

"The key is not to prioritize what's on your schedule but to schedule your priorities." - Stephen Covey