

Monthly Intention Worksheet

How did I feel last month?

Month

Hold onto:

1. _____

2. _____

3. _____

Let go of:

1. _____

2. _____

3. _____

Brave and Resilient Life

This image shows a full page of a worksheet designed for handwriting practice. It features a series of evenly spaced, horizontal dashed lines across the entire width of the page. The background is plain white, providing a clear guide for letter height and placement. There are no margins, text, or other markings present.

[illegible]

Brave and Resilient Life

How I want to feel this month:

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I will approach this month with the Intention of: