**Allowing Aligned Action Sheet Today’s Date: \_\_\_\_\_\_\_**

**My focus for the coming month is:  
OR  
Actions that feed my well-being and experience of success this month include:**

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What one action item feels like the best place to start & is something I can complete this month for sure?:   
  
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“I focus and act in ways that energize and nurture my body, mind, spirit, and intentions   
while enjoying every sweet step of the journey!”**