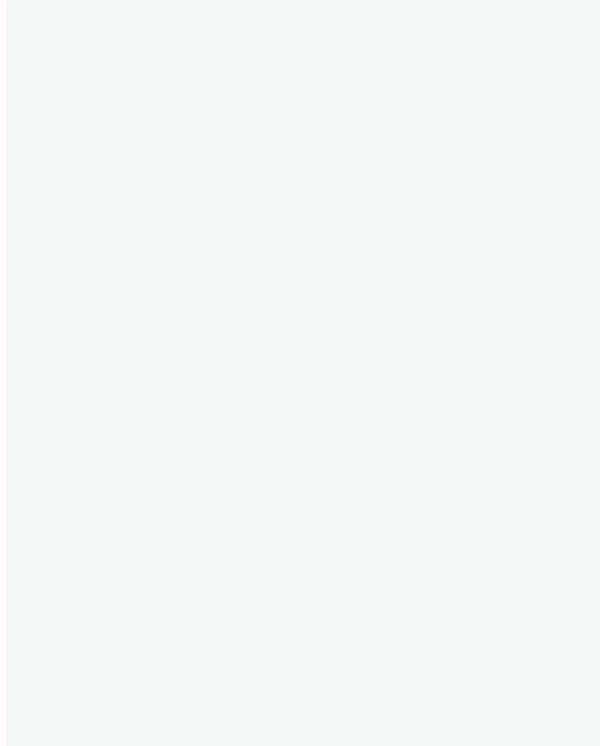


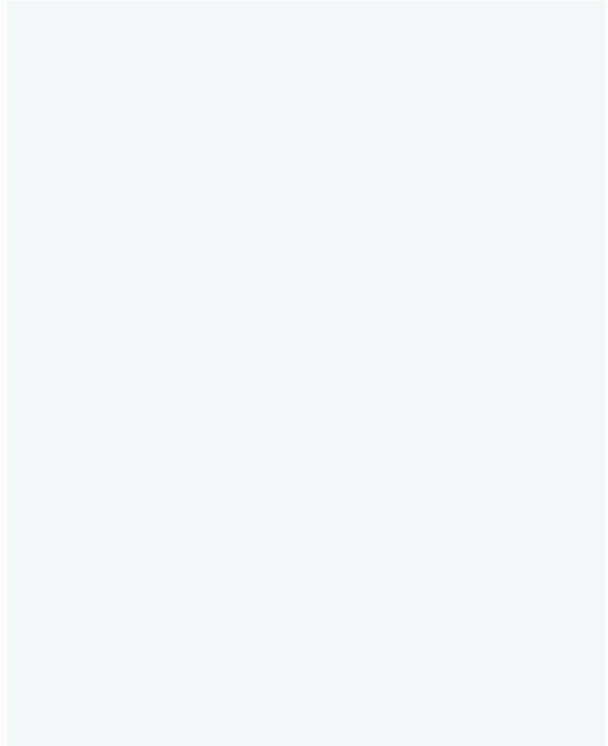
# CREATING SPACE \1

The first step to setting clear intentions for yourself is making space for those intentions to manifest. Today, pause to consider the things that are currently "clogging" up your head, heart, and physical space. Make a list.

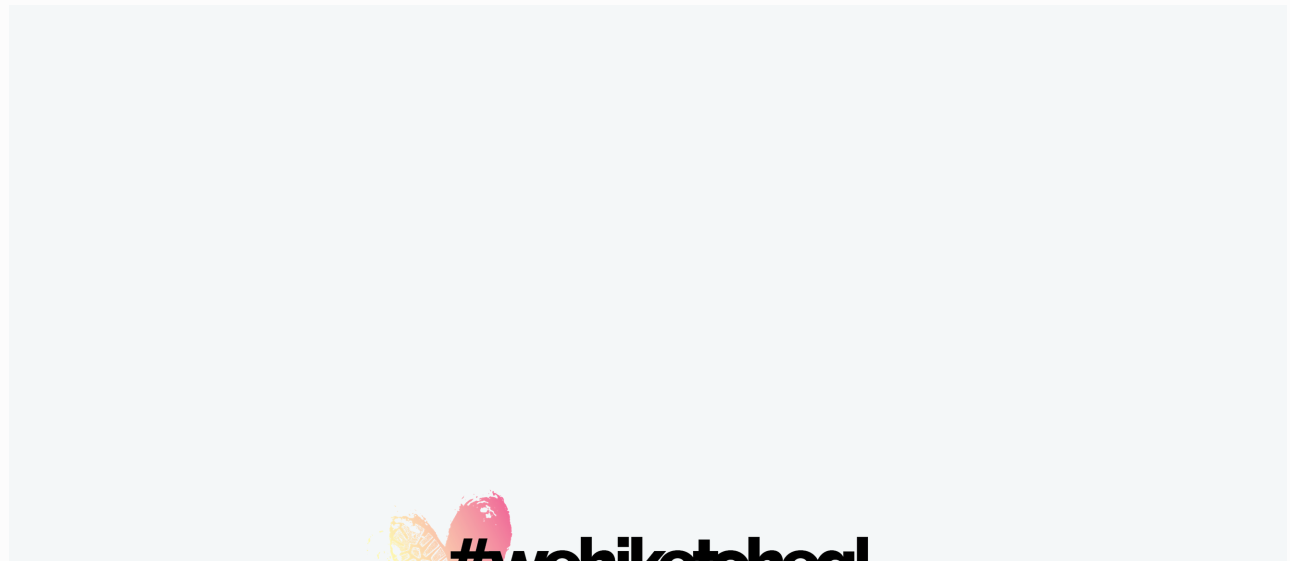
## HEAD SPACE



## HEART SPACE



## PHYSICAL SPACE



# CREATING SPACE \ 2

Now that your space is clear. what are your intentions for today, this week, this month?

**TODAY**

**THIS UPCOMING WEEK**

**THIS MONTH**

