



2019

SUMMER INTENTIONS

MORE:



LESS:



THIS SUMMER:

I want to spend more time with _____

One new place I want to visit is _____

I'll be intentional about spending more time with _____

I'll finally try _____

I'll spend less time _____

My motto is _____

I'll embrace _____

I'll eat more _____ and drink more _____

I'll practice _____ daily.