



MY INTENTIONAL YEAR LIST

READY FOR AN INTENTIONAL FRESH START? A little forethought goes a long way. Saying no to one thing opens up space in your life to say yes to something better. We can't do it all, and do it well, but we can choose to cultivate what matters. Write out what you are saying **YES** and **NO** to in the season ahead.

I AM SAYING **NO** TO:

I AM SAYING **YES** TO:

ENCOURAGING WORDS FOR THE SEASON:

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