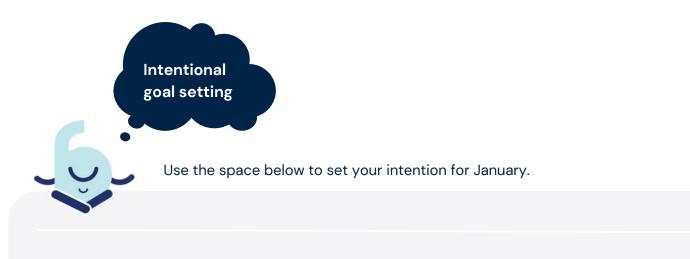
## January

## INTENTIONAL GOAL SETTING

How can you be more intentional with your goals this month?

b's January Intention: Mindful Mornings

b will embrace daily mindfulness practices, such as meditation or deep breathing, to start their day with clarity and calmness.



## **burnalong**