

# SETTING THE TONE

**This is a space where you get to put you back on your list. Today isn't about adding more tasks – it's about creating clarity and peace**

**Take A moment And write your intention for today.**

**What do I need more of?**

**What have I been neglecting?**

**What's the point?**

**The focus here is to reconnect you with who you are beyond your roles.**

 **LIVEWORKSHEETS**