A little space for your week

Pause. Notice what matters. Begin with one small step.

WEEK OF _____

A MOMENT FOR YOU

01 ## What do I want to make room for?

One thing that deserves a little more of my attention.

02 ## What can I simplify or let go of?

Something I can make lighter this week.

03 ## One small step I can take

Keep it kind, specific, and manageable.

04 ## Something I am grateful for

A person, a moment, or a small everyday joy.

A thoughtful week can begin with one small choice.

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