NOVEMBER | CHALLENGE OF THE MONTH

The Intentional Yes

Make room for what matters most.

Choose one meaningful yes this week. Write it down, make time for it, and reflect.

1

LOOK AHEAD

What would I be glad I made time for this week?

2

CHOOSE

What am I giving an intentional yes?

When will I make time for it?

3

REFLECT

What did that choice make possible?