

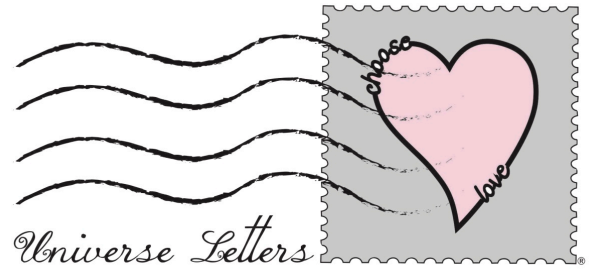
## *Letter to the Universe*

*focus:*

*We can get caught up in being "busy." Some of us even busy ourselves on purpose only to find we look more like a hamster in a wheel, rather than a marathon runner making strides. This month, make it a point to focus in on what's important in the now.*

*Prompt:*

*Prompt: Do you feel like your focus has become scattered? Slow down. Strip away the unnecessary. Look to see what's not essential at this time. Focus in on what your priority is right now and choose to concentrate on that. Make time each day to devote your energy and attention on that focus.*



*Dear Universe,*

*Life can feel so busy at times. There is so much I want to see, do and be. I know the best way to be productive and feel my best is to focus on one thing at a time. Please help me see what it is I should focus on right now. Help me concentrate my time, my energy and my spirit. This month, my primary focus should be....*

*With Gratitude,*