

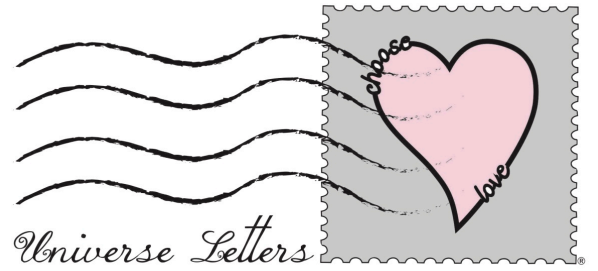
Letter to the Universe

linger:

The days can fly by in a frenzy and we can look back shocked at how fast the weeks or months have passed. This month, vow to slow down from time to time—to enjoy the moments you want to remember. Be fully present so you can take them all in. Let them linger.

Prompt:

So often we rush from one moment to the next, one memory to another, without fully savoring our experiences. This month, vow to slow things down. Take in your favorite times before leaping to what's next. What are some things this month that you want to fully be present for? How can you be mindful in those moments so you can enjoy them and let them linger?



Dear Universe,

I am ready to slow down and be more present. My intention is to savor each moment and linger during...

With Gratitude,