

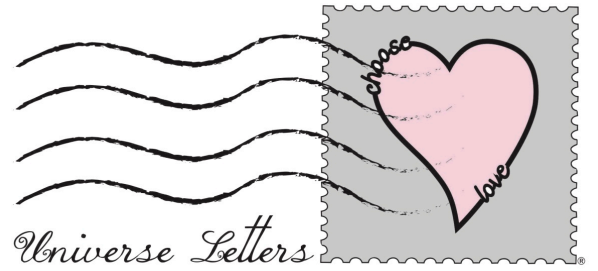
Letter to the Universe

transform:

As time moves from month to month and season to season, it's natural to observe nature's transformations. Consider this the ideal time to reflect and consider your own personal transformation as well.

Prompt:

What is one area of your life you would like to see a transformation in? How can you start to shift your life in the direction you are dreaming of? By taking small action steps each day, and staying focused on your ultimate goal, you can move your life towards the transformation you are envisioning! Remember, little steps—when consistent and intentional—can lead to massive growth and the evolution you're seeking!



Dear Universe,

I am ready to experience the transformation I am dreaming of. This month I commit to doing the following things on a consistent basis, always keeping in mind what I most desire....

With Gratitude,

