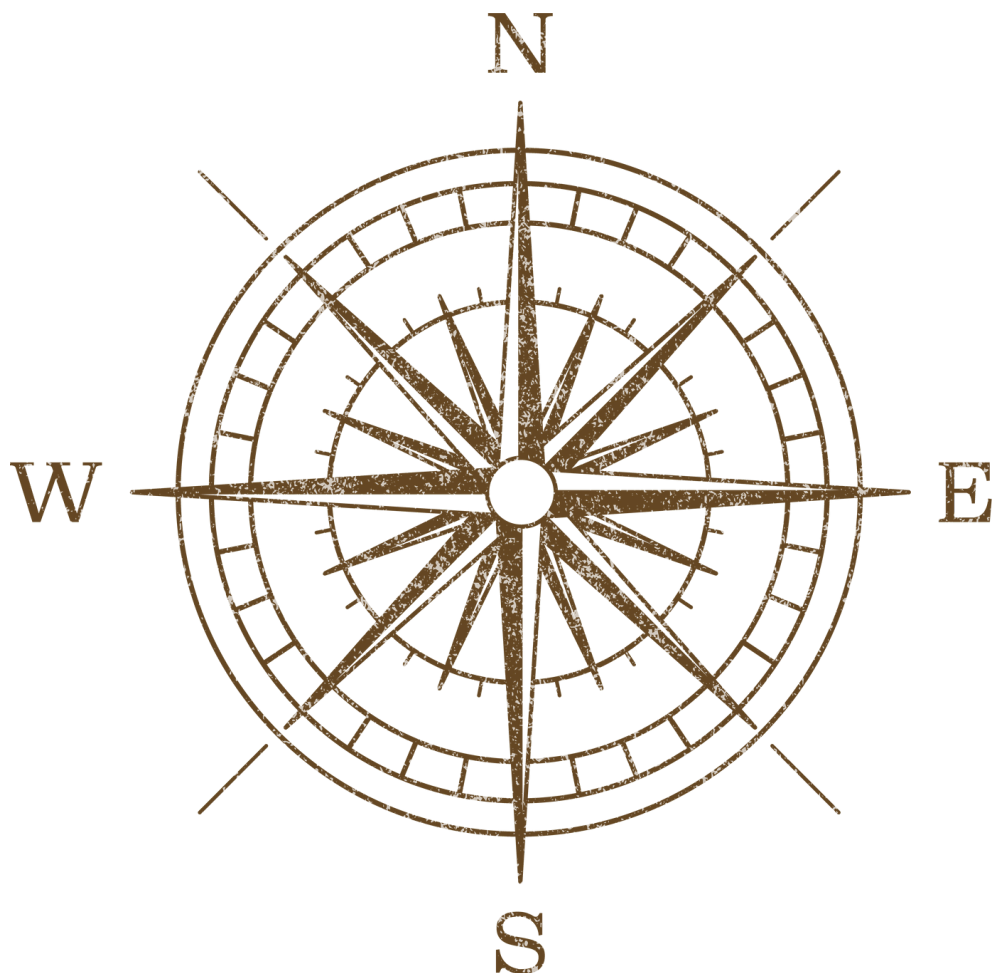


# THE BETTER BY INTENT WORKBOOK

A Guided Journal for Clarity, Peace and Self-Respect



Better By Intent — One Day at a Time