

✨ Welcoming August with Intention ✨ ✨

As we step into a new month, take a moment to ground yourself in the present. Reflect on the energy you're bringing into August.

✨ What do I want this month to feel like?

✨ What am I ready to release from the past weeks, and what positive intentions or habits do I want to invite into my life this month?

✨ If August Could teach you one lesson about yourself, what would you want it to be?

