Life&Relationship
Success Coach
Ana Kosta

My intention for today is…

Who do I require to BE today to be the woman I want to become?

The 1 thing I choose to enjoy is…

The 1 thing I choose to receive is…

The 1 thing I choose to let go of today is…

Today I forgive…

The 1 healthy boundary I am setting and nurturing for myself today is

The 1 thing I am celebrating today is…

The 1 thing I require to DO today to bring myself closer toward my dream life…

Today I'm manifesting to the Universe this:

This or something even better for the highest good of all concerned.
Thank you, Universe, it's my time, and I'm ready for the next step!