



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...



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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!*