



DATE:

ONE WEEK AT A TIME

SMALL GOALS- ONE AFTER THE NEXT = A NEW & INTENTIONAL LIFE

Ask yourself, “How am I going to honor my future self this week?”

To complete this intention, What do you need to “do”? What do you need to think? Who might you need to connect with? What obstacles can you prepare for? And most importantly how will you feel when you’ve completed this thing?

Once you have your task and your anticipated path laid out write these words:
I am committed to this task for the future version of me. I am doing this because I choose to feel ____ and feeling ____ is the most powerful way I can honor myself, my future, and my abortion.
