

# Let Begin With Me

**A simple 21-day practice to shape your world  
and be the change you want to see**

## Welcome to Let It Begin with me.

Most change doesn't happen all at once. It happens through small, intentional choices made day by day. Over time, those choices shape how we experience our lives, our relationships, and the world around us.

This simple 21-day practice is an invitation to bring a little more intention into everyday moments.

Each day offers one word, a chance to set an intention, name a practice, and reflect. It takes just a few minutes.

Some words will feel natural. Others may feel uncomfortable or bring up resistance. That's normal, and it's part of what makes this meaningful. There are blank pages at the back for you to add your own words.

When you practice something consistently, even in small ways, it starts to feel more available to you.

You may notice yourself responding differently, catching old habits sooner, or choosing with a little more awareness and ease. Those shifts can be subtle, but they add up.

Approach this with openness and patience. Over 21 days, small choices can become familiar ones, and familiar choices can begin to shape the life you're living.

# Let **CURIOSITY**

## Begin With Me

DAY 1

Take a moment to sit with **CURIOSITY** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **KINDNESS**

## Begin With Me

DAY 2

Take a moment to sit with **KINDNESS** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **CREATIVITY**

## Begin With Me

DAY 3

Take a moment to sit with **CREATIVITY** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **GRATITUDE**

## Begin With Me

DAY 4

Take a moment to sit with **GRATITUDE** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **AUTHENTICITY**

## Begin With Me

DAY 5

Take a moment to sit with **AUTHENTICITY** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **ACCEPTANCE**

## Begin With Me

DAY 6

Take a moment to sit with **ACCEPTANCE** and notice what it brings up for you.

### **My Intention For Today**

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

**Today, I will**

### **My Practice For Today**

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

**Today, I Practice**

### **Reflection**

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

**How did I practice curiosity today?**

**What was easier/harder than I expected?**

**What experience did I create through my practice?**

# Let **COURAGE**

## Begin With Me

DAY 7

Take a moment to sit with **COURAGE** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **UNDERSTANDING**

## Begin With Me

DAY 8

Take a moment to sit with **UNDERSTANDING** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **LOVE & FORGIVENESS** Begin With Me

DAY 9

Take a moment to sit with **LOVE & FORGIVENESS** and notice what it brings up.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **GENEROSITY**

## Begin With Me

DAY 10

Take a moment to sit with GENEROSITY and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **HARMONY**

## Begin With Me

DAY 11

Take a moment to sit with **HARMONY** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **STRENGTH**

## Begin With Me

DAY 12

Take a moment to sit with **STRENGTH** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **HUMANITY**

## Begin With Me

DAY 13

Take a moment to sit with **HUMANITY** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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Let **HUGS**

# Begin With Me

DAY 14

Take a moment to sit with **HUGS** and notice what it brings up for you.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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Let **PEACE**

# Begin With Me

DAY 15

Take a moment to sit with **PEACE** and notice what it brings up for you.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Begin With Me

DAY 16

Take a moment to sit with **FUN** and notice what it brings up for you.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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Let

**CONNECTION**

# Begin With Me

DAY 17

Take a moment to sit with **CONNECTION** and notice what it brings up for you.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Let **INCLUSIVITY**

## Begin With Me

DAY 18

Take a moment to sit with **INCLUSIVITY** and notice what it brings up for you.

### My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

### My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

### Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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# Begin With Me

DAY 19

Take a moment to sit with **UNITY** and notice what it brings up for you.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

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What was easier/harder than I expected?

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What experience did I create through my practice?

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Let **WISDOM**

# Begin With Me

DAY 20

Take a moment to sit with **WISDOM** and notice what it brings up for you.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

---

What was easier/harder than I expected?

---

What experience did I create through my practice?

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# Begin With Me

DAY 21

Take a moment to sit with **JOY** and notice what it brings up for you.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

How did I practice curiosity today?

---

What was easier/harder than I expected?

---

What experience did I create through my practice?

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# Let

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# Begin With Me

Take a moment to sit with \_\_\_\_\_ and notice what it brings up for you.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

**How did I practice curiosity today?**

---

**What was easier/harder than I expected?**

---

**What experience did I create through my practice?**

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# Let

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# Begin With Me

Take a moment to sit with \_\_\_\_\_ and notice what it brings up for you.

## My Intention For Today

This is your chance to choose how you want to show up today. Think about where this word might matter most, and name your intention in your own words.

Today, I will \_\_\_\_\_

## My Practice For Today

Intentions become real through small choices. Choose one simple practice that can support your intention today. Keep it doable.

Today, I Practice \_\_\_\_\_

## Reflection

At the end of the day, take a few minutes to look back. Notice what showed up without judging it. Awareness is enough.

**How did I practice curiosity today?**

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**What was easier/harder than I expected?**

---

**What experience did I create through my practice?**

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## Congratulations!

You just spent 21 days showing up a little more intentionally. That's something to celebrate!

As you look back over these days, think about what stayed with you. Which words felt natural or familiar? Which ones felt uncomfortable or stirred something in you? Which ones barely caught your attention at all?

When something felt challenging, ask yourself what it might be inviting you to understand or tend to more gently.

When something felt easy, notice the strengths you're already living from and how you might want to bring them forward more often.

If you felt resistance, be curious about what that resistance might be protecting or trying to tell you.

You don't need to arrive at a perfect insight. What matters is what you noticed about yourself along the way.

Take that awareness with you.

Keep practicing the words that mattered most, return to the ones you avoided, or choose new ones that feel right for where you are now.

Take a moment to acknowledge what you've done here, and let it support how you continue to live, one thoughtful choice at a time.