

The To Be List

Instead of only creating a “To Do” list, I gently invite you to try something different... a **“To Be” list**.

A “To Do” list keeps us focused on tasks and outward action, while a “To Be” list brings us back into how we want to feel, show up, and experience our life from within. It’s a simple yet powerful way to stay connected to yourself throughout your day.

YOU MIGHT BEGIN WITH INTENTIONS LIKE:

- ♥ To be quiet and still, and listen
- ♥ To be more loving toward myself
- ♥ To be more loving toward others
- ♥ To be more present and aware
- ♥ To be happy and grateful for the abundance I have now
- ♥ To be a better listener



There’s nothing to achieve here—only something to gently return to. Let this be a **soft guiding presence** for your day, rather than something to check off.

Over time, you may notice that **who you are being** begins to shape what naturally unfolds around you.