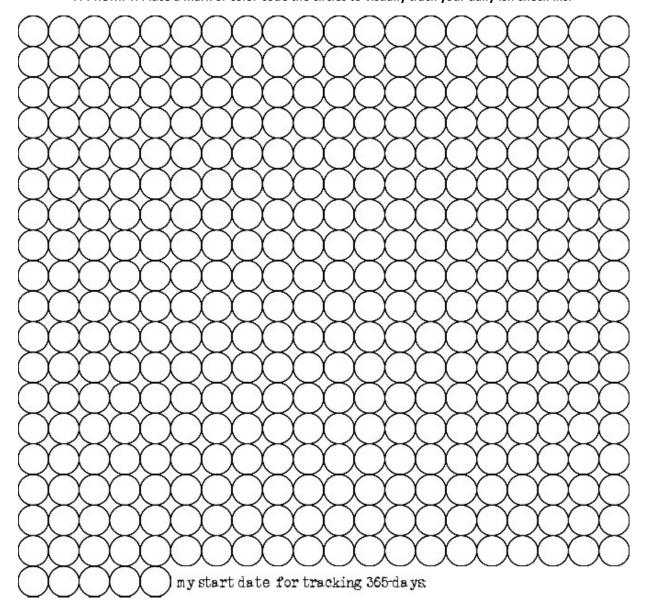
## "I DO NOT AT ALL UNDERSTAND THE MYSTERY OF GRACE--ONLY THAT IT MEETS US WHERE WE ARE BUT DOES NOT LEAVE US WHERE IT FOUND US." -ANNE LAMOTT

Use this dot template as a simple daily-ish check-in with yourself: a mindful pause + way of being present while also consciously tracking what you are being intentional about during a 12-month time period.

★ PROMPT: Place a mark or color-code the circles to visually track your daily-ish check-ins.



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