

# *a welcome to monthly aspirations*



Hello friend! I am so excited you decide to partake in *monthly aspirations* this December! This is the start of something that I hope to continue each month with each months aspiration guide / printable being a little different! I just wanted to say welcome & also walk you through how to use this printable!

## INSTRUCTIONS:

- i. You can either print one of the cream pages below (it will use more ink) OR you can buy a colored piece of paper (which is what I did - I bought mine at Joanns) and printed the transparent (white) page onto my colored paper. If you don't have a printer at home, you can take your piece of colored paper to fedex printing + shipping or UPS and they will print it for you!
- ii. cut around the drawn out areas to have a smaller piece.
- iii. fill out your December aspirations - something you want to *make*, something you'd like to *cultivate*, something you'd like to do to *simplify*, and a *pastime* you want to *create*. They don't have to be anything extravagant - I actually highly encourage you to make them simple.
- iv. tape it somewhere you will see it! I have mine by my bedside, but I also love to tape them on the fridge, by a mirror or on the dresser.

enjoy, friend!

*liz*

december *aspirations*

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*I. Make*

*II. Cultivate*

*III. Simplify by*

*IV. Create a pastime of*

december *aspirations*

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