

# BEOP



**BE EXCELLENT ON PURPOSE  
& EMBRACE EACH DAY WITH**

*joy & gratitude!*

*Bring It On!*

## BRICKIE TIP #10: Intentions

Think about your next week or month.

What will you make happen?

**SOMETHING THAT I'VE BEEN PUTTING OFF  
THAT I CAN DO TODAY IS...**

**A NEW SKILL OR HOBBY I'D LIKE TO TRY IN  
THE NEAR FUTURE IS...**

**ONE WAY I WILL APPRECIATE THE SMALL  
THINGS IN LIFE AND FIND JOY IN THE  
PRESENT MOMENT IS...**

**I WILL TAKE CARE OF MY PHYSICAL AND  
MENTAL HEALTH BY...**