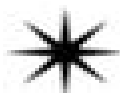


A YEAR OF INTENTIONAL LIVING

THE WORKBOOK



A YEAR OF INTENTIONAL LIVING

WEEK 7: WORKING WITH FOCUSED FLOW

Intentional productivity doesn't have to feel rigid or overwhelming. This week is about finding your focused flow—working in a way that's aligned with your values, energy, and priorities. It's not about doing everything—it's about building rhythms that last.

These activities are offered but optional. Give yourself the time and space to fully engage with them. Remember: it's about progress, not perfection. Small intentional changes add up.

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WEEK 7

Working with Focused Flow

Living By The Workbook

A Loxley



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