



LETTERS

to Live By

AN ALPHABET BOOK
WITH INTENTION



Setting intentions is the first step to improving ourselves, our lives, and our world. The next step is taking action. Use these activity sheets to keep track of both. It's as easy as ABC!

INSTRUCTIONS:

1. Download and print.
2. List and track your actions.

EXAMPLE: S - Save Something

A good book

A reusable bag

My allowance

A friendship



