*Monthly Essence Plan*

|  |  |
| --- | --- |
| Name |  |
| Month (1, 2, 3..) |  |
| Essence | Qualities |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |
| --- |
| Comments & Journaling |