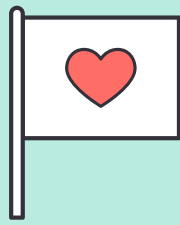




Self-Care 5!



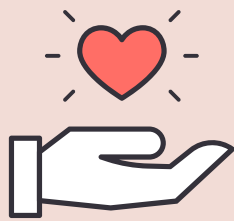
INTENTION

An intention is a goal or vision that guides your thoughts, attitudes & choices. Each week we will set an intention to keep us in alignment with our self-care journey.



CRYSTALS

Healing crystals hold energy & power. By harnessing their healing powers you can manifest what you want to create in your life. Each week we will choose a heal crystal to focus on.



MEDITATION

Meditation can be hard, but rewarding, Each week a short meditation will be available for you. Trust in the process and try to allow yourself to be in the moment.



WORD

Words hold meaning, energy & power. They have the ability to lift you up and bring you down. Each week we will focus on a word that embodies wellbeing.



I AM STATEMENT

Positive affirmations or I AM statements can be used to re-program your thought patterns and change the way you think and feel about things. Each week an I AM statement will be shared for you to personalize.

**INCORPORATE THESE
5 SELF-CARE STRATEGIES
INTO YOUR DAILY LIFE**

