



Week 4: Soulshine Huddle

Congratulations! A whole month of Soulshine! Soulshine, Sister, you are on your way!!

Grab your journal and answer these questions:

What went well with your confidence goal?

How did you grow?

What many-minis did you feed Slow progress?

How did you acknowledge and celebrate Slow Progress?

What would you like to do better next week?

What was the most important thing that you noticed this month?

What does your body feel like when you squeeze the lemon and stand up straight?