

Week Three:

CULTIVATING A SELF-CARE PLAN

Limb 3: Will & Power



MANTRA:

*I am enough.
I allow myself to rest.
I am wise, beautiful, and strong.
I have so much
goodness to give and receive.
I am here to do my best.*

WEEKLY CHECK-IN

What has been your sunshine and cloud for the week?



EMBODY WHO YOU ARE
INTO YOUR PHYSICAL PRACTICE



Week 3

THEME: Mindfulness + Self-Care

MANTRA:

I am enough. I allow myself to rest.
I am wise, beautiful, and strong.
I have so much goodness to give and
receive. I am here to do my best.

HIGHLIGHT
POSTURE:
Necks rolls/Self
massage



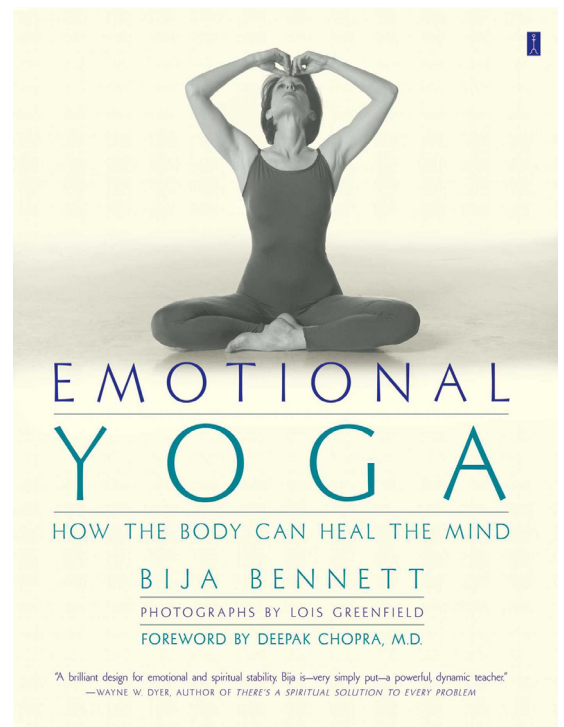
FOR NEXT WEEK...



Optional Reading
for Week 4:

CHAPTER 4:

Love



OPTIONAL HOMEWORK:

Please note that if you have limited time this week, feel free to choose any of the self-care activities that most resonate with you to do on your own time.