



*You are*  
AMAZING!



MINI JOURNAL



# HEY, HOT STUFF!

## Monday moment...

You. Yes YOU- are an amazing work of wonder. Just as you are.

Oftentimes, we create a version of ourselves that does not align with our inner spirit. Whether it be a result of influences from family, friends, or the media, sometimes who we present to the world is not a true representation of what we truly believe, or most importantly- who we really are.

Today, honor your inner YOU and determine what attributes connect with who you are now..in this moment.

Release the rest!

## mantra



## right now my body needs....

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## inspiration



Josie Ong, Affirmation Pod



The Person You Really Need to Marry



Truth Hurts by Lizzo



@scarrednotscared



# HELLO, GORGEOUS!

## tuesday talk...

When we walk in the awesomeness of who we truly are, it is bound to make some people uncomfortable.

So what?

We may go from a Yes woman to a No Lady! We may strengthen our boundaries and release the need to please others before ourselves. This can and WILL be met with resistance.

Who cares?

You and you alone are responsible for you. There is no need to deny yourself in order to honor the expectations of others. They are not worth it...YOU are.

Today, in all your actions- chose you above all else.

## mantra



## today I give myself permission to...

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## inspiration



Gretchen Rubin, *Happier*



How to build your confidence-  
and spark it in others



Just Fine by Mary J. Blige



@positivelypresent





# MORNING, SUNSHINE!

## wednesday word...

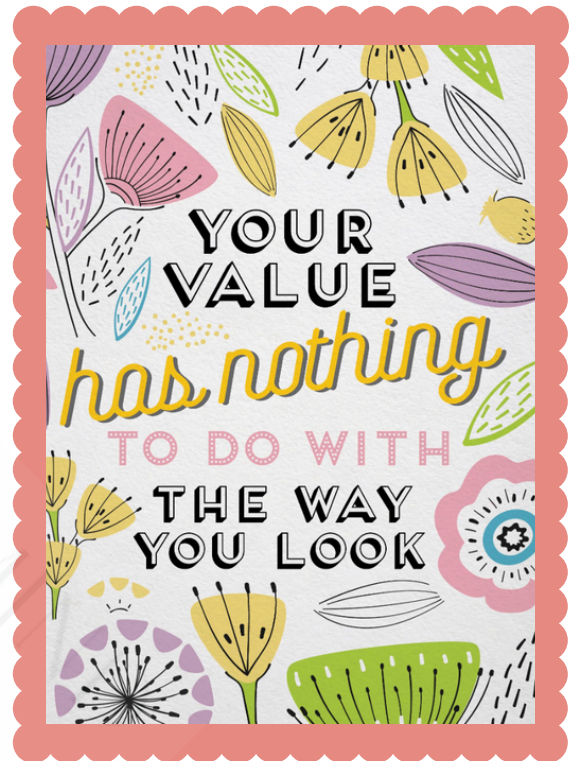
According to the dictionary, value is defined as "the regard that something is held to deserve; the importance, worth, or usefulness of something." Well, take it from me...

You DESERVE it ALL.

- Your IMPORTANCE to the world and those around you is indescribable.
- Your WORTH is more than you imagined it to be, add tax.
- Your USEFULNESS..I don't like that word.. You are way more than useful- you are ESSENTIAL.
- We each leave our respective worlds greater just by our being in it. Regardless of what we look like.

Today, focus on the value you bring into the world. What you can do, NO ONE can do better!

## mantra



## right now my soul needs....

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## inspiration



She's All Fat



The Magic of Not Giving a F&\$%



Scars to Your Beautiful by Alessia Cara



@thefemalehustlers





# GOOD DAY, DARLING!

## thursday thought.....

Oh those trashy thoughts! We all have them..that inner self critic that reminds us of every faulty decision and insecurity we have ever had. At times, those thoughts can be debilitating and if we are not careful, they can become our reality.

Here's the truth, our thoughts are nothing more than a fleeting false reality. We have the choice to either hold on to the thought, or toss it out...just like the trash!

The nex time, your Negative Nancy comes to play, tell homegirl that you have absolutely ZERO time for those games. You can even say it outloud- we call that thought stopping.

Today, honor your brilliant mind by feeding it words of love.

## mantra



## right now my mind needs....

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## inspiration



Call Your Girlfriend



Don't Believe Everything You Think



Perfect by Pink



@mantramagazine

# LOOKIN' GOOD, LOVE!

## friday facts...

- Here's the thing about life..we only get one. The brilliance there is that we have the ability to reinvent ourselves every step of the way. There is no rule that states we must remain the same.
- We learn. We grow. We adjust accordingly. Morphing into divine, upgraded versions of our already gorgeous selves. A beautiful work in continual progress.
- Surround yourself with those that love each and every version of you. You have no need to justify your changes, they are yours and yours alone.
- Today, honor yourself by determining your next area of improvement. Set the goal and make a plan.

It's time to bet on YOURSELF

## I can be kinder to myself by...

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## mantra



## inspiration



Eat the Rules



You are Contagious!



I Love Me by Demi Lovato



@myselflovesupply



# My TRUTH



I am not the therapist and life coach that subscribes to guided meditation and Bikram yoga.

I talk too much. I think excessively. I am a perfectionist at procrastinating.

I also eat way too many carbs and believe sometimes the best medicine is a good cry over a sappy romantic comedy, or the saddest playlist you can imagine.

I am **REAL**.

Who I am is someone who gets it. Someone who knows the struggle of thinking, *Who I am is not enough*.

Who I am is someone that will lead you back to your inner knowing, that beautiful soul that is already amazing complete with imperfections.

The journey towards living your truth begins with transforming your mind, finding your voice, and speaking it- even if it shakes.

I look forward to walking with you.



*Let's Keep In Touch!*

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Heart in Mind



COGNITIVE COACHING FROM THE HEART



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