

# Recurring Meetings for your Self Care that you need to schedule now.



Personal guide from Inspire Life Tribe CEO, Tanesha White

### Mindful Mornings

FREQUENCY: DAILY

**DURATION: 15 MINUTES** 

PURPOSE: START YOUR DAY WITH

MINDFULNESS. WHETHER IT'S
MEDITATION, DEEP BREATHING
EXERCISES, OR SIMPLY ENJOYING A
QUIET MOMENT, THIS DAILY RITUAL
SETS A POSITIVE TONE FOR YOUR
WORKDAY



#### Lunchtime Recharge

FREQUENCY: DAILY

**DURATION: 15 MINUTES** 

PURPOSE: STEP AWAY FROM YOUR

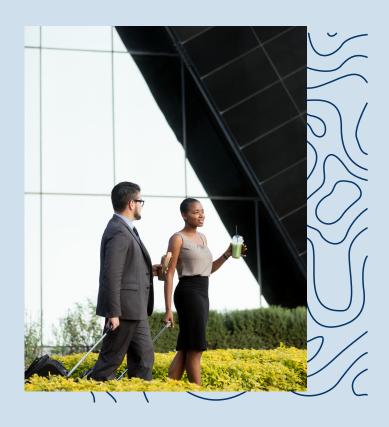
DESK AND USE THIS TIME TO

RECHARGE. TAKE A WALK, PRACTICE

A HOBBY, OR INDULGE IN A

HEALTHY MEAL. THIS BREAK HELPS
COMBAT AFTERNOON FATIGUE AND

ENHANCES FOCUS.



#### Wellness Wednesday

FREQUENCY: WEEKLY

**DURATION: 1 HOUR** 

PURPOSE: MIDWEEK SELF-CARE

BOOST. USE THIS TIME FOR A
LONGER WORKOUT, ATTEND A
FITNESS CLASS, OR ENGAGE IN
ACTIVITIES THAT BRING YOU JOY.
IT'S A POWERFUL WAY TO BREAK UP
THE WORKWEEK.

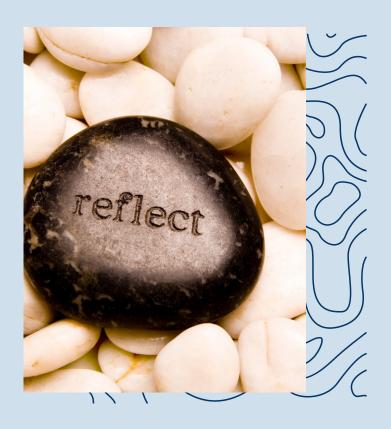


# Friday Reflections

FREQUENCY: WEEKLY

**DURATION: 30 MINUTES** 

PURPOSE: REFLECT ON THE WEEK.
WHAT WENT WELL? WHAT COULD BE
IMPROVED? THIS SESSION ISN'T
JUST ABOUT WORK; IT'S AN
OPPORTUNITY TO ACKNOWLEDGE
ACHIEVEMENTS AND SET POSITIVE
INTENTIONS FOR THE WEEKEND.



# Monthly Mindfulness Workshop

FREQUENCY: MONTHLY

**DURATION: 1 HOUR** 

PURPOSE: DIVE DEEPER INTO

MINDFULNESS. THIS CAN INCLUDE ATTENDING A VIRTUAL WORKSHOP, READING A SELF-HELP BOOK, OR PARTICIPATING IN A GUIDED SESSION. A MONTHLY COMMITMENT TO ENHANCING YOUR WELL-BEING.





# Are you looking for a wellness program that will generate ongoing engagement?



Book a discovery call with our CEO,
Tanesha White.

Visit InspireLifeTribe.com