



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.

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