

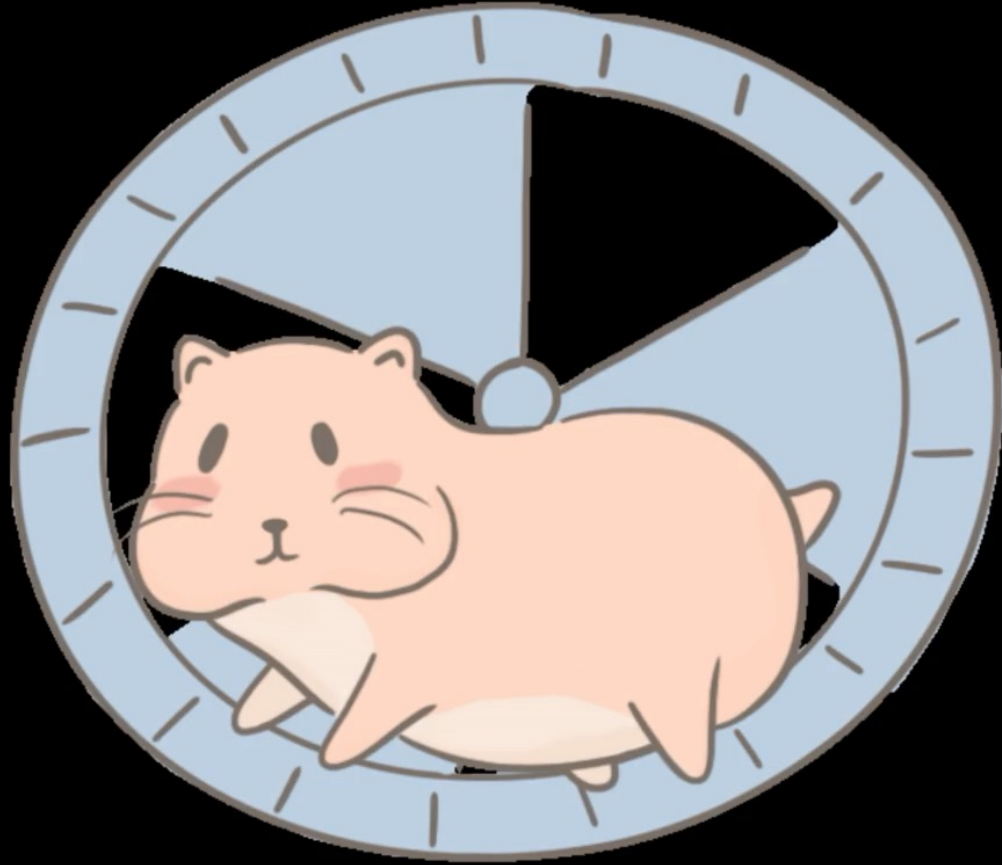
Igniting Your SHE™

Justice

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MENTAL VICTORY VIBE
CONVERSATION
TODAY

Virtue of Justice

IGNITING YOUR SHE STRATEGY™

Setting an intention

I set
an intention to
CELEBRATE MYSELF
BE PRESENT IN MOMENT
SAVOR THE MOMENT

MIND ESCAPE VIBE

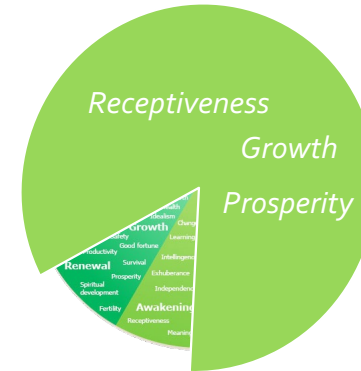
What do you need?

- ★ Open mind
- ★ Comfortable Position
- ★ Soles of your feet flat on the floor or foot rest





How are you showing up?



Best Self Exercise

NEXT

Think about alternative phrases that express empathy

Then

instead of replaying the movie with "but" replay with a celebrating - the win



Best Self Exercise

Over the next 48 hours

Keep a tally of how many times you apologize for something outside of your control or the number of times, you redirect your positive thought
"It wasn't that bad, BUT



I am
no longer my own worst critic.
No more second guessing and third rethinking.

MIND ESCAPE VIBE