

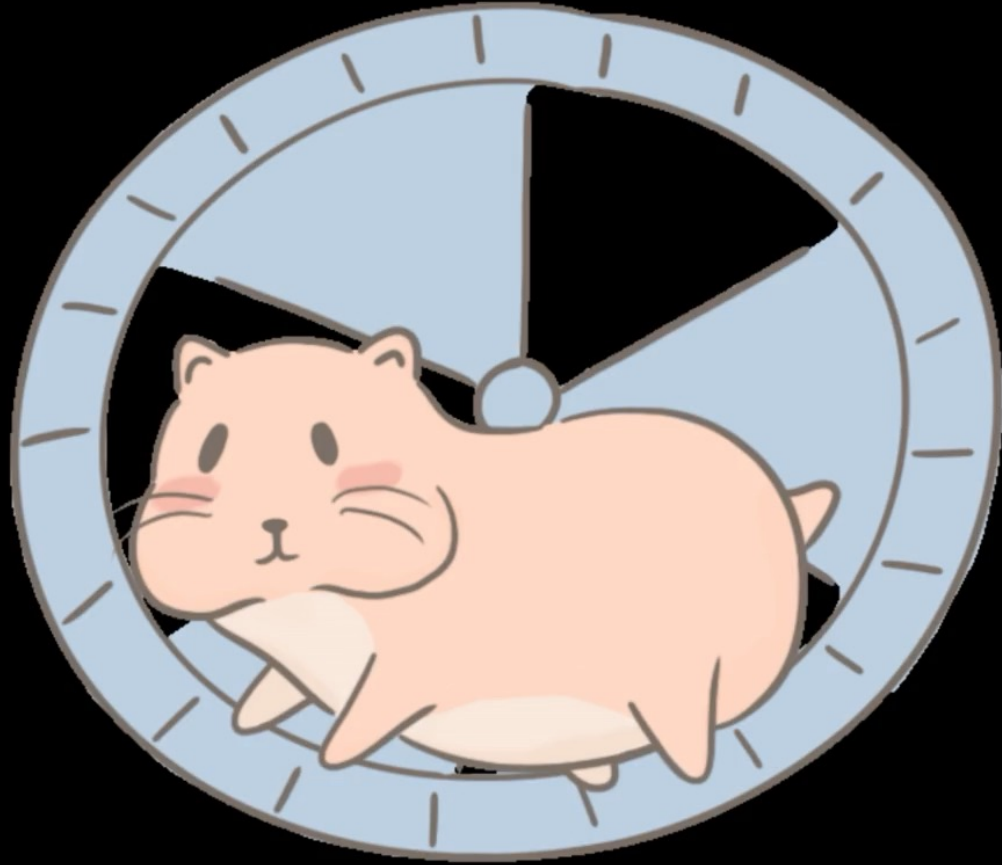
# Igniting Your SHE™

Wisdom

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## MENTAL VICTORY VIBE CONVERSATION TODAY

Wisdom Tightrope™

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





**Are you asking for help?**

# Best Self Exercise

Ground yourself

I am  
no longer  
dimming my  
light.

MIND ESCAPE VIBE

## WISDOM TIGHTROPE™

Begin by taking a deep breath to calm the mind. Ensure that you can devote time to completely the Best Self Exercise without distractions.

**Know your intentions so you are better able to ground yourself. What are 2 goals you hope to achieve from this exercise?**

- 1..
- 2.

**What are your limitations? As you think about limitations, be clear about what being at capacity means for you.**

- 1..
- 2.

**Who and how can someone help you? If you need more time to think about how someone can help you or if your thoughts are "I got it", but there is tension in your body, determine why.**

Honest communication means being honest with yourself. You can not do it all. You can try, but frustration and stress will soon follow.

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