

BE FABULOUS AT ANY AGE!

Are you ready to Feel Fabulous? Well this is your month to practice self-care daily to ensure your radiant and energetic future, free of DIS-EASE. Envision your today and tomorrow having the energy and passion to do what ever your heart desires.

This month you will have the honor to listen to 13 speakers share their best information on how to cultivate and nourish self-esteem, how to live successfully with stress, ways to eliminate house pollution that may be silently causing health issues, and how to think yourself young, how to live on the edge fully, and so much more.

As you write in your journal daily, reflect on the power you have to turn on your cellular vibrancy, and your feel good hormones, knowing that you are as healthy as your 70 trillion cells.

- Listen to each of the speakers and write down the top three take-aways;
- Empower yourself by knowing that you are you own best self-care advocate and
- Choose Life-Enhancing language rather than negative language that degrades the fiber of your being.

Keep turning on the feel good hormones with a healthy plant rich diet, daily movement, spend quality time in nature and laugh often = adding to your healthy aging account.

Questions:

What ways are you accelerating your aging process?

What three changes will you make this month to accelerate your healthy blueprint

Write a note from your eighty-year-old self to the age you are today.
What would be your words of wisdom to share?

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