



MORNING S.M.I.L.E

SOUL GOAL {HOW DO YOU WANT TO “FEEL” TODAY?}
{WHAT ARE 2 ACTIVITIES THAT WILL MAKE YOU “FEEL” THIS WAY/}

MOVEMENT {HOW CAN YOU MOVE OR 10-20 MINUTES THIS AM}

INTROSPECTION {QUIET TIME WITH SELF REFLECTION/JOURNAL}

LEARNING {LISTEN TO A PODCAST/BOOK OR READ FOR 10-15}

EAT CLEAN {JUICE / SMOOTHIE / FULL BREAKFAST GF/DF}



Soul Vikaity

TRANSFORMATIVE LIVING