

WEEK TWO TOUR SCHEDULE

5/10 – SHAKE IT OFF

In order to make room for more of the good stuff, we need to let go of the things that keep us stagnant. Think about 3 things you want to commit to changing or let go of. These can be thoughts, habits or things!

5/11 – WASH, RINSE, REPEAT

We love this shower meditation: Whenever you take a shower, visualize your negative thoughts and emotions (anger, anxiety, stress) running down your body and washing away. Let it all go down the drain!

5/12 – SPEAKING OF DRAIN...

Have you ever noticed feeling exhausted after a conversation with a certain person or particular activity? Spend some time today thinking about what tends to drain you and how you can either avoid these situations or make them more FUN.

5/13 – JUST SAY NO

One of the biggest energy-suckers can be letting other people decide how we spend our time because it's easier than saying no. Be aware of what you say yes to and observe the opportunities to reprioritize.

5/14 – MADLIB-ERATION

*Self-doubt is sneaky one! So often we become our own biggest obstacle. Fill in the blank: I could be/do/have _____ if I (was/wasn't/did/didn't...) _____ And then ask yourself, what if you said f&*k it?*

5/15 – SHOTS, SHOTS, SHOTS

The saying goes, you miss 100% of the shots you don't take. What's one barrier you can push through today?

5/16 – PACK YOUR BAGS

Visualize yourself packing a suitcase for your future. What are you taking with you into week 3 and what are you leaving behind??

