



HER.HOLISTIC.COACH
ANCIENT WISDOM. / V \ MODERN HEALING.



RITUAL

morning

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HYDRATION & DIGESTION HACK

- Upon waking drink 500 ml room temp filtered water
- Squeeze 1 lime/lemon into your water
- Add 1 tablespoon of apple cider vinegar
- Add 1 teaspoon of sea salt

GROUND, GRATITUDE & LIGHT

- Step outside barefoot, take 3 deep breaths, name 3 things you're grateful for.

AFFIRMATION / JOURNALING

- While you are outside and connected with nature, Write your intention or affirmation. New to this? Scan the QR or click [here](#).

QUEEN FUEL BREAKFAST

- Protein & Fat breakfast, no carbs. Scan the QR for some recipe ideas or click [here](#).

THE BREATH OF SAFETY

- After kids drop-off or before walking into your office or work, perform my 3 min breath exercise. Click [here](#) or scan the QR.

