



## CHECK IN!!!!

Before we begin another awesome four weeks of inquiry, self discovery and action—how did the first month go? How did you complete? Did you finish **STRONG**, with the same momentum that you had when you started this program? Or, did you fade out a bit? This is a beautiful opportunity to **CHECK IN**, and **GET HONEST** about how much you've been putting into this work and, most importantly, **YOURSELF**.

**How you do anything is how you do EVERYTHING.** So take an honest look: Are you still committed? Are you giving every question, every challenge, and every game your **ALL**? Or, are you giving up on yourself? Saying you don't understand and throwing your hands up? Are you saying you'll get to it when there's "more time," and making excuses for why you've been putting it off? **WHERE ELSE IN YOUR LIFE IS THIS SHOWING UP?**

Notice where you're at, and in this very moment, **make a choice**. It's always easy to be excited about something when it's new, but true life mastery comes with dedication, persistence and patience for the long haul.

This month also begins the **30 Day Meditation Challenge**: 10 minutes a day, noticing your thoughts and at the very last two minutes use the mantra in this week's video. You may have days where you "don't feel like it" or "don't have time," but **CHOOSE YOURSELF**, it's only 10 minutes. Prioritize your well being. . . prioritize your greatness. It's in the daily practice and commitments that make us who we are and add up to a life we could've never imagined.

Here's to another incredible month of breakthroughs!

Alexi + Preston

# SELF LOVE

At the base of everything . . . is the LOVE OF SELF (or the lack thereof). This is often the most difficult part for most people to really dive into. It's EASY to love on other people, to nurture them, to celebrate them, but we often forget about doing the same for ourselves. **Complete the sentences below and sit with each one until it feels real to you. Feel the FEELINGS of that statement in the core of your being, and then move onto the next one and do the same.**

Ex: I am awesome because . . . I'm a mom to two amazing kids who are so incredible, creative and unique.

1. I am beautiful because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. I am strong because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. I am worthy because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. I am courageous because \_\_\_\_\_

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5. I am trustworthy because \_\_\_\_\_

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6. I am a team player because \_\_\_\_\_

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7. I am successful because \_\_\_\_\_

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8. I am free because \_\_\_\_\_

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**PICK THE 1 PROMPT THAT WAS HARDEST FOR YOU TO ANSWER. WHY WAS IT HARD FOR YOU TO ANSWER THAT?** \_\_\_\_\_

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