Self-Discovery Journey



Hey there, Goddess Gang!

Firstly, a massive shoutout and heartfelt thanks for your unwavering support—it means the world!

As a token of gratitude, I've compiled these free PDF resources just for you. It is my hope that these insights, questions, and reflections serve as guiding lights on your unique journey. May these pages be your companions, nudging you towards deeper self-discovery, growth, and success. Here's to embracing evolution and walking your path with confidence. You're unstoppable!

Wishing you boundless joy, immense learning, and all the success in the world. Let's rock this journey together! \bigstar



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self reflections

THINGS I DO TO PROCESS MY FEELINGS

THINGS THAT KEEP ME BUSY

THINGS THAT MAKE ME FEEL CONFIDENT

self reflections

THINGS THAT KEEP GRATEFUL

THINGS THAT KEEP ME BUSY

THINGS THAT KEEP ME BUSY









DRAW 3 THINGS YOU'RE GRATEFUL FOR TODAY



GRATITUDE JOURNAL





DRAW 3 THINGS YOU'RE GRATEFUL FOR TODAY



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DRAW 3 THINGS YOU'RE GRATEFUL FOR TODAY



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manifestations

I AM AWARE AND GRATEFUL FOR

MY MAIN INTENTION FOR THE WEEK

AFFIRMATIONS FOR MYSELF



meditations

THOUGHTS TO MEDITATE ON



manifestations

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AFFIRMATIONS FOR MYSELF





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manifestations

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AFFIRMATIONS FOR MYSELF



meditations

THOUGHTS TO MEDITATE ON





WRITE A LETTER OF APPRECIATION to Yourself

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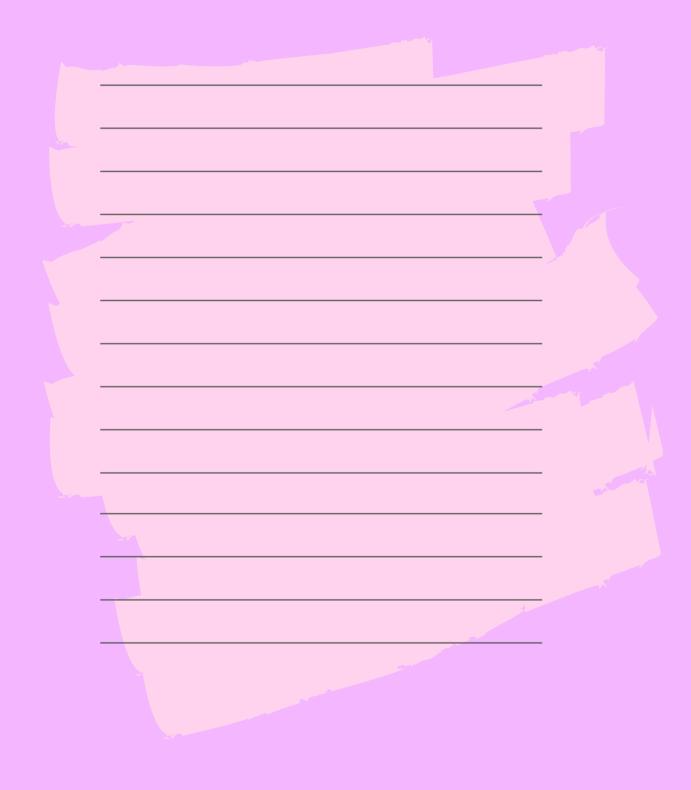


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WAYS TO LOVE YOURSELF





THINGS YOU HOPE TO EVOLVE about Yourself

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SELF-CARE CHECKLIST

DRINK A GLASS OF WATER TO START THE DAY

ENJOY 45 MINUTES OF EXERCISE

GET SOME FRESH AIR

HAVE A HEALTHY BREAKFAST

ENJOY A WARM MORNING DRINK

PLAN OUT YOUR DAY IN YOUR PLANNER

STRETCH YOUR BODY

TAKE REGULAR BREAKS

ENJOY SOME SUNSHINE

TAKE HOT/COLD BATH OR SHOWER

READ SOMETHING MEANINGFUL

PLAY SOME INVIGORATING MUSIC

DISCONNECT

EAT A HEALTHY SNACK

WIND DOWN BY AVOIDING BRIGHT LIGHT

GET IN BED BEFORE 10PM

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Babe, Those you found this helpful!

As you wrap up this insightful journey through these pages, remember: your evolution is boundless. If you've found value in these resources and wish to further support my cause, I humbly welcome your generosity. Your donations help fuel the continuation of this endeavor.

Should you feel inclined to contribute, you can support us via Cash App at SScorpionGoddessNails. Your kindness empowers us to keep creating content and offering resources to elevate not just ourselves but the entire Goddess Gang community. Thank you for being a part of this journey. Your support, whether through exploration or donation, makes a world of difference. Here's to our collective growth and empowerment!

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Complimentary PDF

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