

Warrior Wellness



Work those lungs. *Breathing* and Boundaries. From mind-agreements to body-agreements.

Acept the *Silence*. Silence and Sleep Solutions. Allowing your mind to reset, allows the mind to listen to the body.

Realize (through gained *Awareness*) that no one does everything alone. Foundational Self, Creating New Systems, Goal-Setting: Toltec Wisdoms, Processing Change, Self-Kindness/Self-Awareness Exercises, Body Language and Facial Expressions, Commitments and Accountability, Letting Go, and The Mastery of Love.

Rediscover your true self and *Acknowledge* the changes that need to occur. Integration of the Self: Memory and Sensory Activities; Color and Mood; Mantras, Meditations, and Music; Aromatherapy and Essential Oils, Food Consciousness, Body/Brain Health, Stress-Management and Self-Reflection Exercises.

Incorporate new habits through *Acceptance*, Learned Awareness, and Gratitude. Re-organizing your life: Resetting Habits of Comfort/Distraction (ie, Social Media), Perspective and Gratitude Activities, Body Tension Techniques, Relinquishing Control, Resource Material.

Own your sh!t with *Grace*. Self-Judgment and Self-Forgiveness Activities.

Remember to *Repeat* when/where necessary. Refreshers: Toltec Wisdoms, Ripple Effects, and Creating a Stress Kit.