



INTEGRITY GUIDE

BEAUTY ESSENTIALS

STEPHANIE FLOCKHART

START HERE



Welcome to your One Year Integrity Guide! This guide is designed to act like a companion during the beginning of your transformative journey with The Beauty Essentials. The aim of this workbook is to help keep you on track, remind you of your progress, bring inspiration and support you toward your beauty and self-love goals. The practices I share in The Beauty Essentials completely transformed my own and countless others' appearance and self-confidence. When practiced consistently, they are incredibly powerful.

FIRST, TAKE A BEFORE PHOTO

Taking a photo of yourself at the beginning of a journey towards self worth and beauty can be incredibly daunting. Because of this, you are absolutely not required to do this. It is also why I recommend writing down how you're

feeling at the time of each photo and to reflect on your progress emotionally much more than physically. If you feel comfortable taking a photo, before you do; Take some deep breaths and say out loud. "I am beautiful." Repeat the phrase until you feel a shift. Then take the photo.

There is a really chic canva template in the bonuses section that you can input your before and afters to see them side by side.

I love to celebrate and share your wins. So feel free to send me any before and afters via dm or email!

I ALWAYS RECOMMEND WAITING AT LEAST A MONTH BEFORE TAKING YOUR FIRST AFTER PHOTO. REMEMBER TO TAKE ALL THE PHOTOS IN A SIMILAR LIGHT, LOCATION AND TIME OF DAY.

SECOND, SOME TIPS ON CONSISTENCY

It's been proven that people who pre-plan when, where and how they are going to start a new habit, tend to make them stick. So here is a quick exercise to pre-plan your Beauty Essentials practice:

- Think about a time in your day where you can most easily incorporate these practices into your routine. Would it be during your morning routine before you start your day, your evening routine before bed? During the afternoon? Or would it be best to split the practices up throughout the day? (that is my personal preference). Be realistic, even if you can do just five minutes, pick a time and put it into your planner or calendar.
- Next, where will you do these practices? Will it be in your bathroom? Where will you meditate and do your tapping practice? Imagine in your head the perfect place and time to do these practices. Prepare these spaces by tidying them so you can clear your mind and focus on your practice when you are in them.

- Now, think about how you are going to do each practice. For example, will you be using your phone or laptop, headphones? What distractions do you anticipate? How will you deal with them?

RELEASING LIMITING BELIEFS

Soon, we are going to set your intentions for the year and for this commitment. But before we do that, It's essential to believe in the possibility of your beauty goals and feel deserving of them.

If you are encountering challenges with self-belief and deservingness around beauty, know that you're not alone. My other offering,

THE MEDITATIONS and **The Elevated Self Program** offer a range of exercises and techniques to build belief in your own power and cultivate deservingness.

But to help with that right now, let's do an exercise:

This exercise on limiting beliefs is a mixture of some of my favorite science backed techniques to identify and reframe limiting beliefs and negative thought patterns. I want you to come

back to this section whenever you feel it's necessary to work on one block at a time. In the first two sections we will write down as many beliefs and negative thought patterns that we can think of. But don't worry, we will only be working on one at a time.

These limiting beliefs could have originated from family, friends, social and external influences and they are likely one of the main causes of any insecurities you currently have. By doing this work, the aim is to empower you to create a new narrative and integrate it into your perception of reality. A narrative that aligns with your Soul's Cadence (or true essence) and celebrates your unique beauty.

Let's begin.

Now take a moment to recognize that societal standards are external to your true essence and often change frequently. Understand that these external influences often perpetuate unrealistic ideals and expectations or are simply one point of view or preference. The goal is to release ourselves from these societal pressures and embrace our unique beauty. Remember, the foundation of your beauty goes beyond societal norms, and your journey is about defining what beauty means to you on your own terms.

Now that you have a good idea of how beliefs and negative thought patterns you have internalized may have been formed, let's pick one to work on today. You can always come back to this section and work on as many as you like but it's important to take small steps and not become too overwhelmed while we are forming new habits.

THE FORMULA

CHOOSE A BELIEF

Choose one specific belief about beauty, aging, self-confidence, well-being or your appearance that you feel is limiting or negatively impacting your self-perception or holding you back.

REFLECTIVE JOURNALING:

Using the prompts below journal on your experience with this limiting belief.

- What is the chosen belief, and where do you think it originated? (Family, media, societal expectations, etc.
- How has this belief influenced your self-perception? Can you think of specific examples or occurrences where this belief has held you back?

CHALLENGING AND REFRAMING:

Now it is time to challenge this belief. Using the prompts below, allow yourself, without emotional charge, to objectively see how this belief might not be true. Once you have done that, work on reframing the belief.

- **What evidence is there that contradicts this belief?**
- **How would you reframe this belief in a more positive light?**

If you're struggling here's an example:

If the belief is

"I am not beautiful because I don't meet the standards that society deems to be perfect (right now)."

- Evidence to the contrary could be: the fact that most iconic beautiful people actually challenged the norm. Or moments of genuine self-appreciation, compliments received, or instances of feeling confident without adhering to external expectations.

- You could then reframe this belief by stating something like: "My beauty, like all of the famous beauty in history, is unique and authentic. I don't need to conform to external standards to be beautiful. Beauty is diverse, and I celebrate my individuality."

Creating a New Narrative:

Close your eyes and envision this new reframed narrative and how it would look in your life. How would it feel to wake up feeling completely detached from this limiting belief? Going about your day without the negative narrative holding you back? What would change in your day to day experience? Would people treat you differently? Would you hold yourself differently? Be more confident in situations? Really feel into the emotions that come up for you and allow yourself to smile.

Reflection and Integration:

Reflect on this process and any insights you have picked up from the exercise. It's through small, intentional shifts in perception and then by taking conscious action steps that we can cultivate incredible transformation in our lives.

FINALLY, WRITE DOWN ONE ACTION STEP YOU CAN DO THIS MONTH, TO HELP YOU INTEGRATE AND EMBODY THIS NEW NARRATIVE. IT CAN BE SOMETHING SMALL, ANYTHING THAT REMINDS YOU OF YOUR NEW POSITIVE BELIEF.

I really hope that helped! Removing limiting beliefs is an incredibly transformational thing to do. Remember you can always come back to this section whenever you feel like it to continue working through any negative narratives that are holding you back from feeling your most radiant, elevated self.

EXTRA SECTION TO LIST LIMITING BELIEFS

If this is the beginning of your journey and you have already worked through your one belief, you can feel free to skip the below. But remember to come back here when you're ready to go deep into all of the negative beliefs you have internalized. Once you have written a new belief caused by your family or external societal influences below, you can re-use the formula above to work through it.

LOVED ONES

Begin by reflecting on familial influences. Identify and write down any messages or beliefs you have internalized about beauty, aging, self-confidence, well-being or your appearance passed down through generations. Write specific phrases or perspectives related to appearance, self-worth or confidence within your family and friends.

This could be a parental figure in your life saying something like "Are you sure you want to eat that?" which would lead you to believe that carbs will make you gain weight. Or "I'm so sorry you got my nose, I wish you looked more like your sibling." Which would lead you to dislike or be self-conscious of your nose and potentially feel inferior to your sibling purely based on your appearance. It could even be something like "Don't dress up or look too pretty or you won't be respected as an equal" Which could lead you to believe that it's wrong to feel and look beautiful or stand out in any way.

LIST YOUR LIMITING BELIEFS:

EXTERNAL AND SOCIETAL INFLUENCES

Now let's explore external influences— things like social media, television, beauty trends, cultural standards, etc. Write down any messages you may have internalized about beauty, aging, self-confidence, well-being or your appearance from these sources. Identify instances or messages contributing to these limiting beliefs.

This might be remembering a time when a magazine promoted a certain body type as the ideal beauty standard, making you feel inadequate or less beautiful. Or maybe seeing a celebrity endorsement or social media post for a beauty product or regime that implied your natural features needed enhancement. Write down specific instances or messages and how they made you feel and what limiting belief they may have caused you to form.

LIST YOUR LIMITING BELIEFS:

SETTING YOUR INTENTIONS

Now, the fun part! Why are you here?

What specific areas do you want to work on? What are the reasons you were drawn to this work? It can be as simple as feeling more beautiful and confident in your own skin or something specific you'd like to work on.

By putting your intentions into words, physically writing them down and even better, reading them out loud daily, you breathe life into your goals. Especially when we celebrate our progress and practice gratitude!

IF YOU HAVE YOUR INTENTIONS IN MIND, GO AHEAD AND WRITE THEM DOWN BELOW AS AFFIRMATIVE STATEMENTS, BEGINNING WITH "I AM" OR "I HAVE." AFTERWARD, SAY THEM ALOUD AND RELEASE ANY ATTACHMENT TO HOW THEY WILL MANIFEST, JUST TRUSTING THAT THEY ARE ALREADY UNFOLDING IN YOUR LIFE.

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- 2.
- 3.
- 4.
- 5.

FREE FLOW:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise.

Just put your pen to the paper and let it flow.

GET BACK ON TRACK

Life is full of twists and turns, and it's okay if you ever steer off course from your Beauty Essentials practice. So use this section for inspiration and tips on restarting your journey if there's a break in your routine.

If this doesn't apply to you right now, feel free to skip ahead to start your first month!

EMBRACING A COMPASSIONATE RESTART

The key is to approach your return to your beauty practice with self-compassion and understanding. I love Dr. Kristin Neff's work on self-compassion because it provides a valuable perspective on how to navigate moments of perceived failure.

STEPS FOR A GENTLE RETURN

1. Acknowledge without Judgment:

Recognize that life is dynamic, and circumstances may lead you away from your routine. Instead of judging yourself, acknowledge the challenges you faced with kindness.

2. Practice Mindful Awareness:

Mindfulness allows you to observe your thoughts and emotions without attachment. Take a moment to mindfully acknowledge your decision to restart. What led to the pause, and what motivates your return?

3. Set Realistic Goals:

Start small. Instead of overwhelming yourself with missed practices, set achievable goals for the next week. If you only have 5 minutes to spare, just spare those 5 minutes. If you can, gradually build up your commitment from there, focusing on consistency rather than intensity.

YOUR JOURNEY IS UNIQUE

Remember, this journey is uniquely yours. Embracing self-compassion during restarts not only helps build a healthier relationship with your body and your beauty routine but also cultivates a more positive mindset overall. Be kind to yourself, celebrate small wins, and rediscover the joy in your beauty practice.

It's also important to remember that this guide is here purely to support you. There is no punishment or guilt around having an off week or even month. The important thing is that you practice self-compassion and just start again whenever it makes sense. To avoid feeling overwhelmed, just do a little bit every day. If you ever feel like there's too much to do in this booklet, just do the things that you enjoy!

GLOSSARY

GRATITUDE PRACTICE

Within your gratitude practice - appreciate the uniqueness and beauty of others and therefore learn to appreciate yourself

Focus on beauty -

If the appearance is difficult, choose the functions of your body rather than the appearance alone. Example, I am grateful for my legs for supporting me on my walk today.

Recognize your Inner beauty too -

my kindness, my empathy, my patience, my openness, my radiance, my elegance, my grace.

DAILY SLEEP CHECK

Good sleep is one of the best and most effective beauty practices available. We do this check in for accountability, but not at all is this to be seen in a negative light. My husband suffers from insomnia and I completely empathize that high quality sleep is actually quite a rare thing in most people's lives.

If you score less than 6/10 in your opinion, it is hugely beneficial to try and increase your quality of sleep.

Here are some questions to ask yourself:

Sleep Environment

- Is your sleep environment conducive to relaxation?
- Have you minimized light and noise disturbances in your bedroom?
- Do you have a comfortable mattress and pillows?

Bedtime Routine

- Do you have a consistent bedtime routine that signals to your body it's time to wind down?
- Are you avoiding screens at least an hour before bedtime?

Stress Management

- Are you managing stress effectively during the day?
- Have you tried relaxation techniques, such as deep breathing or meditation, before bedtime?

GLOSSARY

DAILY SLEEP CHECK

Physical Activity

- Are you incorporating regular physical activity into your routine?
- Have you tried to avoid vigorous exercise close to bedtime?

Dietary Habits

- Are you mindful of your caffeine intake, especially in the afternoon and evening? (It is recommended to avoid any caffeine between 6-8 hours before your bedtime)
- Have you considered your eating patterns close to bedtime?

Sleep Consistency

- Are you maintaining a consistent sleep schedule, even on weekends?
- Have you tried to go to bed and wake up at the same time every day?

Technology Use

- Are you limiting exposure to screens, especially devices with blue light, before bedtime?
- Have you considered using "night mode" on your devices to reduce blue light exposure?

NOTES FOR THE NEXT SECTION


































































































































Just circle the emoji corresponding to the practices you have done each day.

*New and full moon dates are in EST format so if they are off in your country, feel free research the correct dates. *The energy is potent for up to 3 days before and after the lunation, so not to worry either way.**

For the sleep check—it's on a scale from 1-10. 1 being the worst sleep of your life, and 10 being the best.

During the new and full moon of each month there are some extra journal prompts.

JANUARY

1    	2    	3    	4    	5    	6    	7    
NEW MOON						
8    	9    	10    	11    	12    	13    	14    
FULL MOON						
15    	16    	17    	18    	19    	20    	21    
22    	23    	24    	25    	26    	27    	28    
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DAILY CHECK-IN

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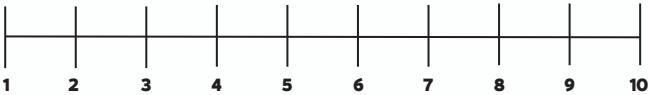
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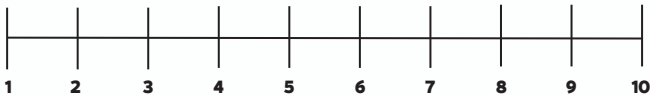


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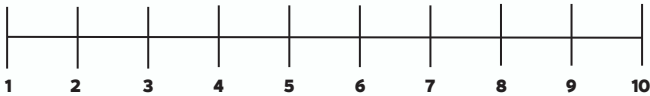


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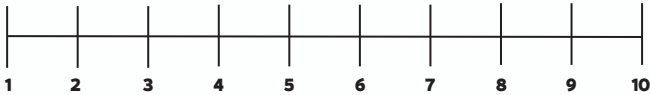


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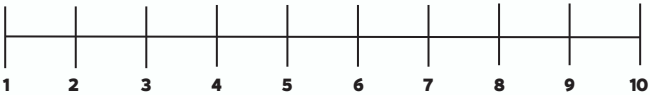


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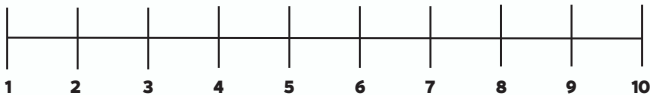


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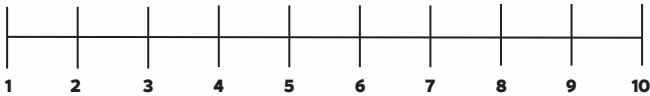


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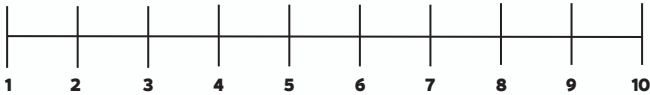


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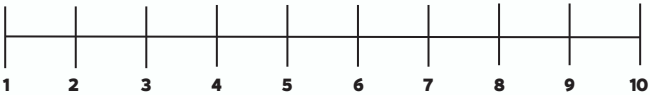


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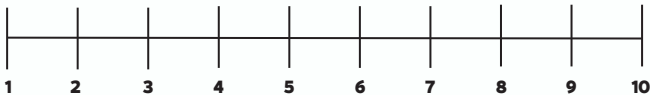


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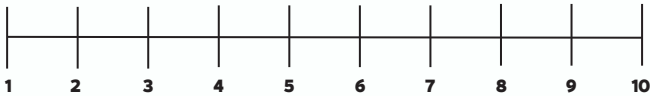


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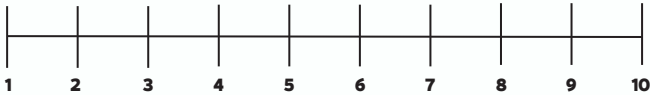


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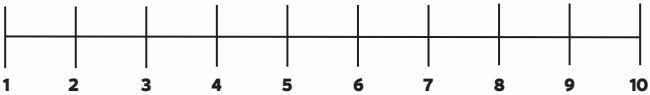


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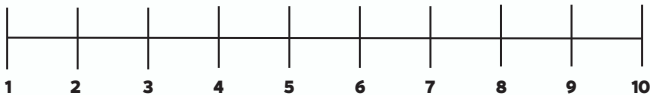


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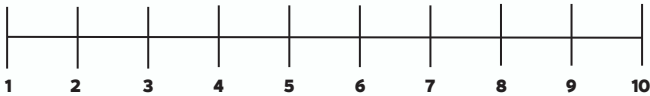


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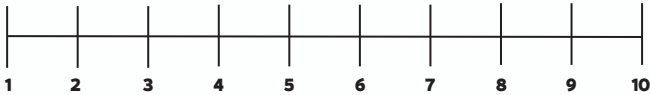


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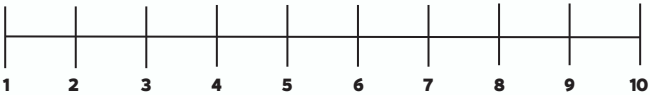


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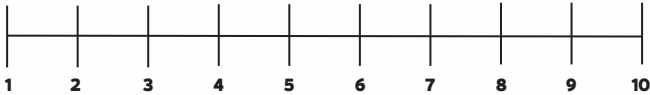


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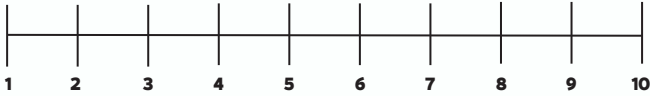


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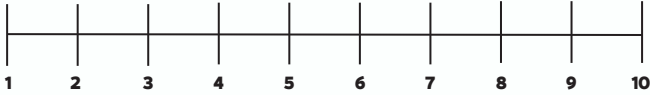


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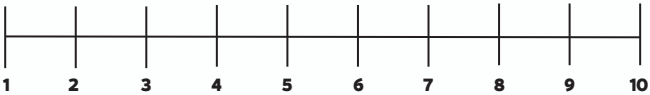


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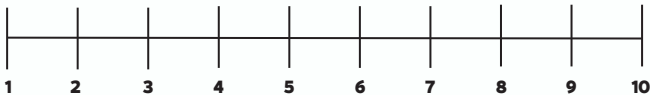


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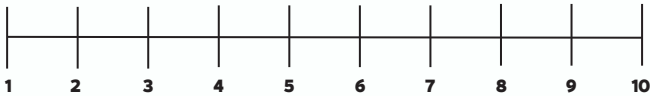


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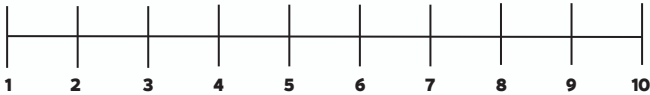


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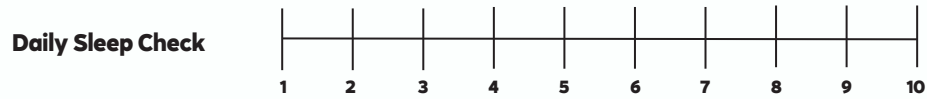
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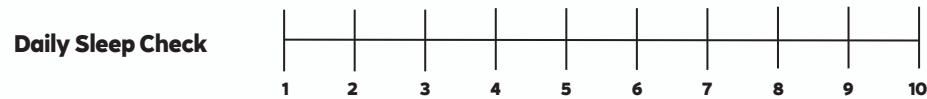
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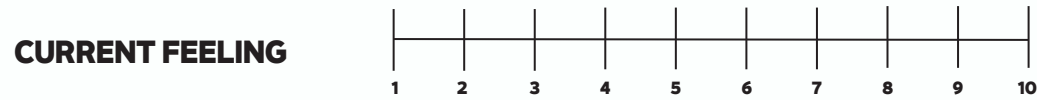
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NEW MOON CHECK IN

JANUARY 11 2024



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

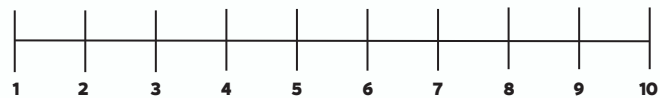
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:

Physical - "I have a beautiful, glowing complexion"

Emotional - "I feel confident and radiant when I walk into any room"

Action Based - "I did Gua Sha 3 times a week and meditated every day"

There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

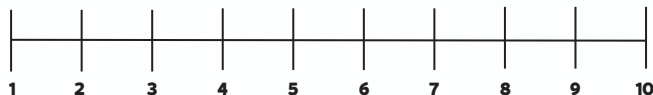
MY INTENTION:

FULL MOON CHECK IN

JANUARY 25 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

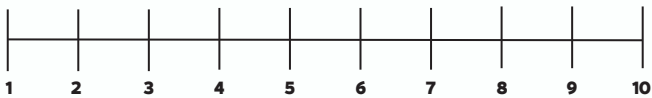
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in’s score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Release of Something:

Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.

I AM LETTING GO OF:

END OF MONTH TAKEAWAYS & REFLECTIONS:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.

FEBRUARY

1	2	3	4	5	6	7
8	NEW MOON	10	11	12	13	14
15	16	17	18	19	20	21
22	23	FULL MOON	25	26	27	28
29						

🌟 EFT

🗒 AFFIRMATION

🙏 GRATITUDE

🧘 RITUAL

🧘 MEDITATION

DAILY CHECK-IN

Date: .../.../...

Today I'm grateful for

Daily Sleep Check

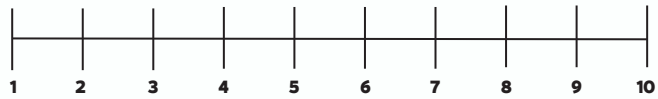
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Date:/..../....

Today I'm grateful for

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Daily Sleep Check

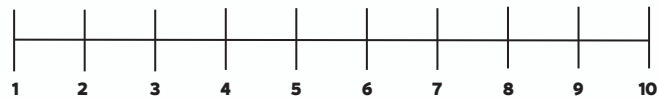


Date:/..../....

Today I'm grateful for

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Daily Sleep Check

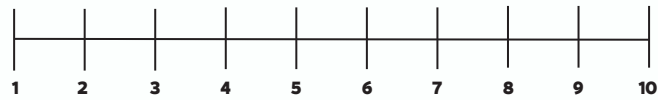


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Today I'm grateful for

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Daily Sleep Check

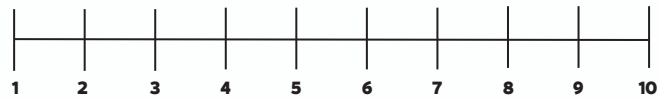


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Today I'm grateful for

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Daily Sleep Check

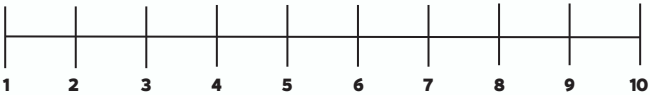


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Today I'm grateful for

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Daily Sleep Check

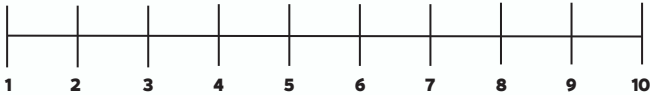


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Today I'm grateful for

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Daily Sleep Check

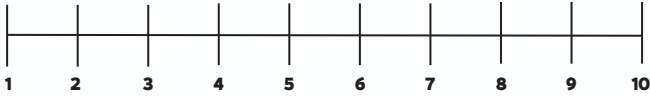


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Today I'm grateful for

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Daily Sleep Check

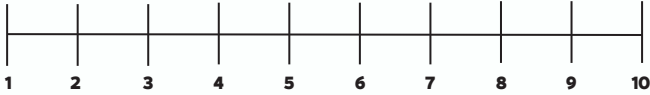


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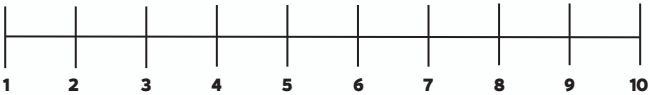


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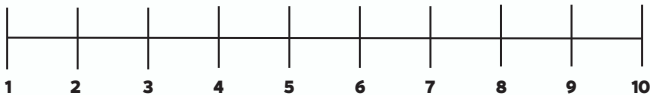


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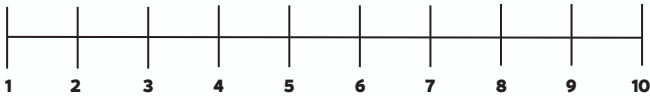


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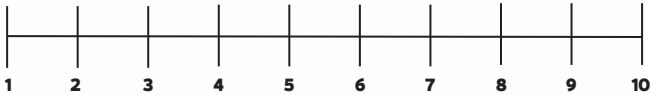


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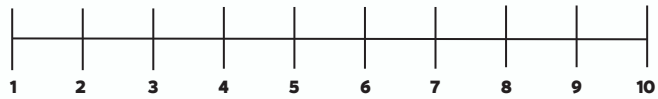


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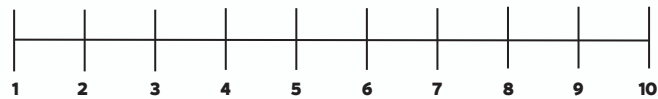


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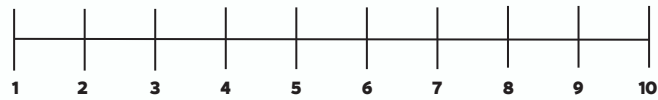


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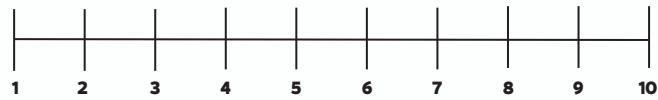


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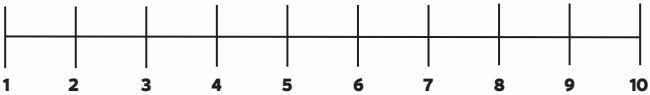


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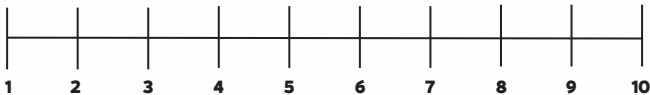


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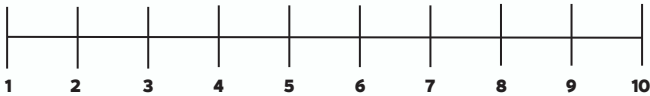


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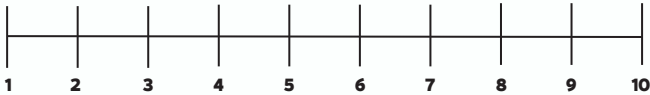


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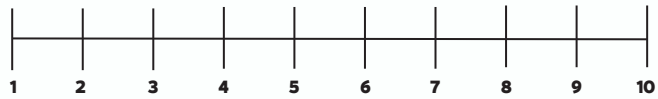


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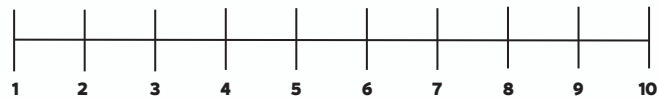


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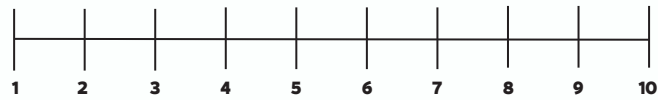


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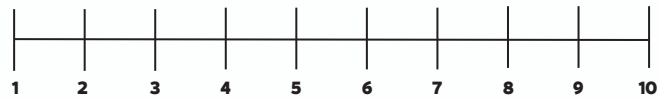


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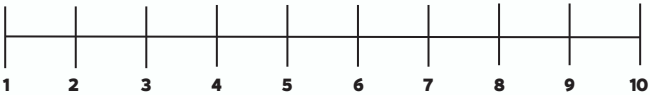


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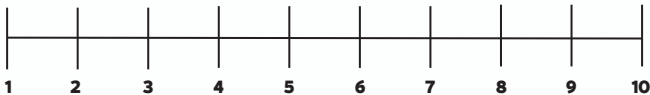


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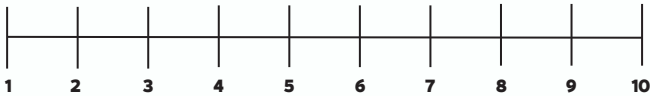


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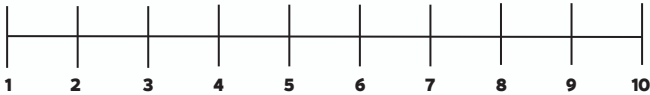


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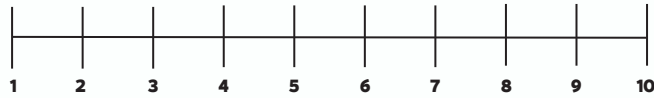
Daily Sleep Check



NEW MOON CHECK IN

FEBRUARY 9 2024

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

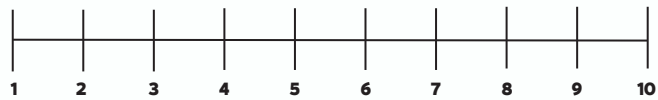
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:

Physical - "I have a beautiful, glowing complexion"

Emotional - "I feel confident and radiant when I walk into any room"

Action Based - "I did Gua Sha 3 times a week and meditated every day"

There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

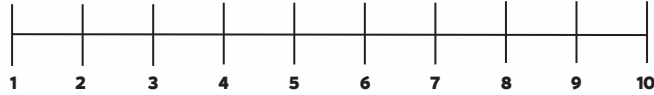
MY INTENTION:

FULL MOON CHECK IN

FEBRUARY 24 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

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JOURNAL SPACE

Release of Something:






Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.

I AM LETTING GO OF:

END OF MONTH TAKEAWAYS & REFLECTIONS:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.

MARCH

1	2	3	4	5	6	7
8	9	NEW MOON	11	12	13	14
15	16	17	18	19	20	21
22	23	24	FULL MOON	26	27	28
29	30	31	<div>  EFT  AFFIRMATION  GRATITUDE </div> <div>  RITUAL  MEDITATION </div>			

DAILY CHECK-IN

Date: / /

Today I'm grateful for

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Daily Sleep Check

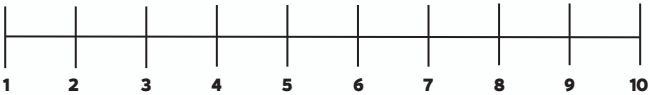
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Date:/..../....

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Daily Sleep Check

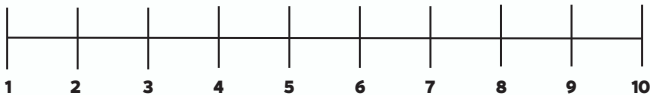


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Daily Sleep Check

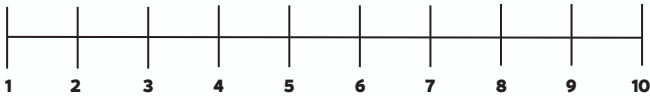


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Daily Sleep Check

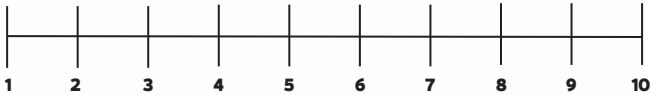


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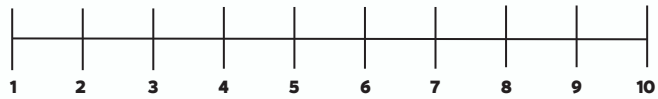


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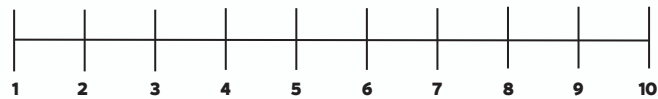


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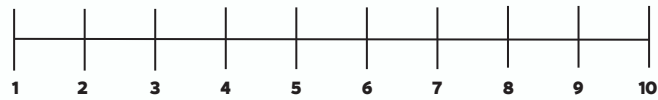


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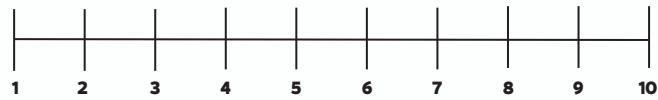


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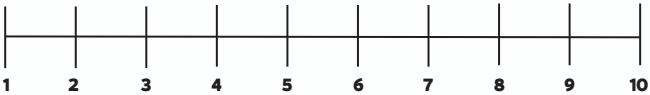


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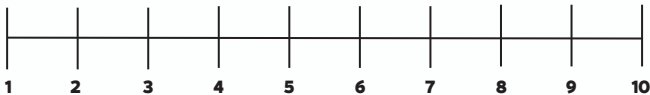


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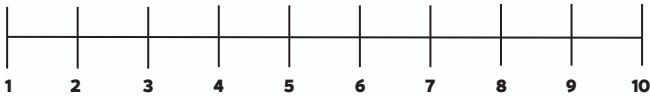


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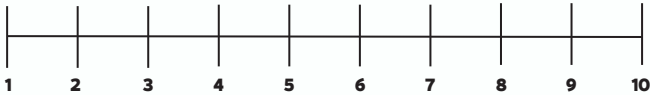


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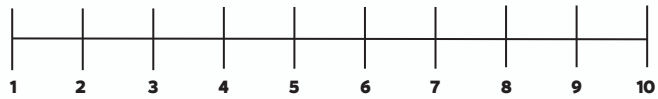


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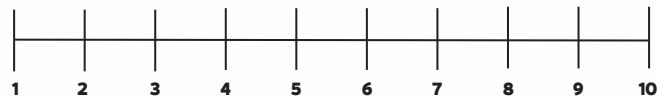


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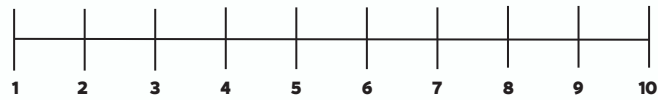


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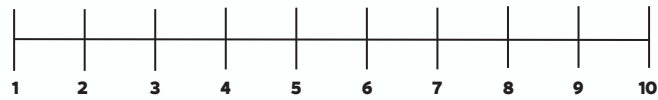


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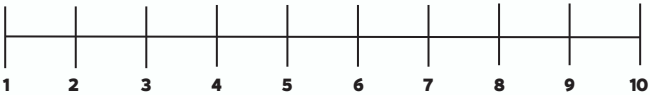


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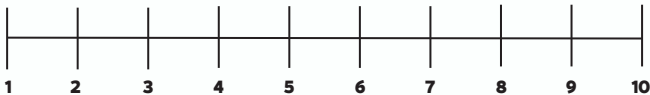


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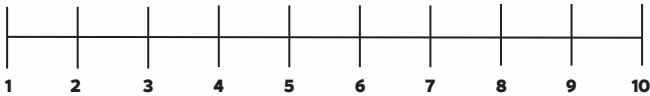


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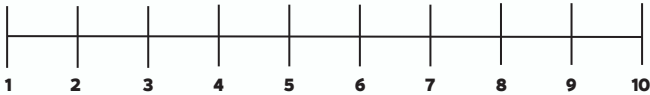


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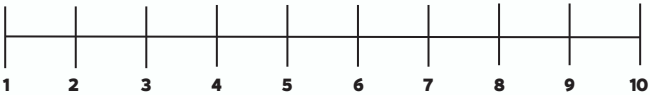


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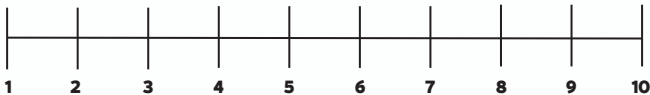


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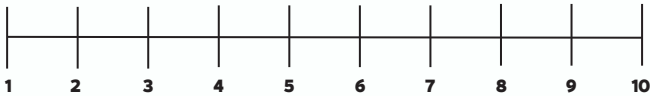


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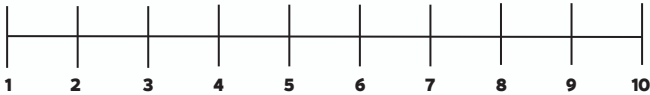


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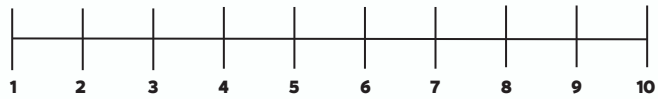


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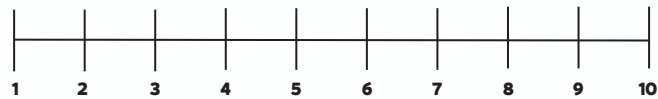


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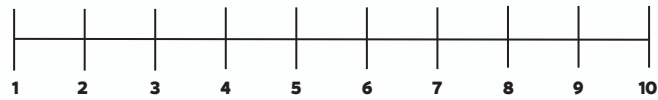


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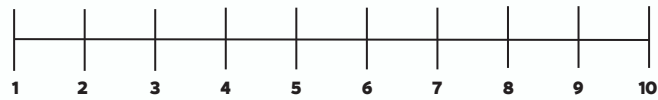


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Today I'm grateful for

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Daily Sleep Check

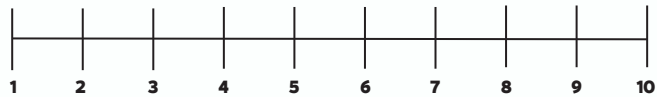


Date:/..../....

Today I'm grateful for

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Daily Sleep Check

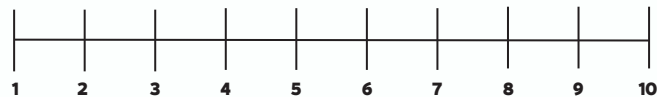


Date:/..../....

Today I'm grateful for

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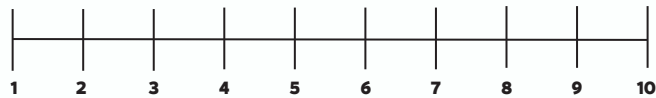
Daily Sleep Check



NEW MOON CHECK IN

MARCH 10 2024

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in?
Be honest and notice any shifts.

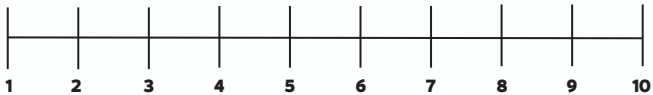
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:
Physical - "I have a beautiful, glowing complexion"
Emotional - "I feel confident and radiant when I walk into any room"
Action Based - "I did Gua Sha 3 times a week and meditated every day"

There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

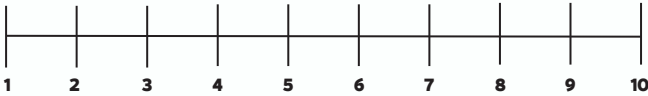
MY INTENTION:

FULL MOON CHECK IN

MARCH 25 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

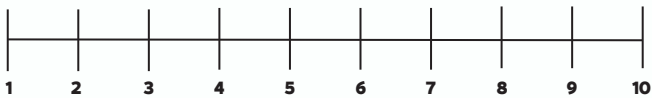
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Release of Something:




























































































































































Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.

I AM LETTING GO OF:

END OF MONTH TAKEAWAYS & REFLECTIONS:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.

APRIL

1     	2     	3     	4     	5     	6     	7     
NEW MOON						
8     	9     	10     	11     	12     	13     	14     
15     	16     	17     	18     	19     	20     	21     
FULL MOON						
22     	23     	24     	25     	26     	27     	28     
29     	30     	 EFT  AFFIRMATION  GRATITUDE  RITUAL  MEDITATION				

DAILY CHECK-IN

Date: / /

Today I'm grateful for

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Daily Sleep Check

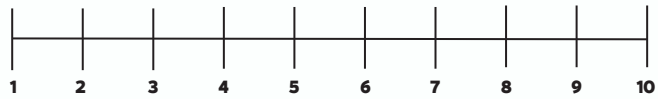
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Date:/..../....

Today I'm grateful for

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Daily Sleep Check

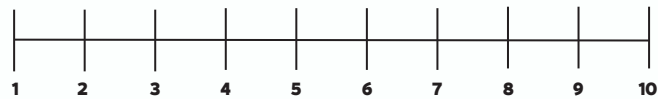


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Today I'm grateful for

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Daily Sleep Check

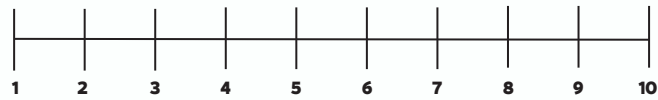


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Today I'm grateful for

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Daily Sleep Check

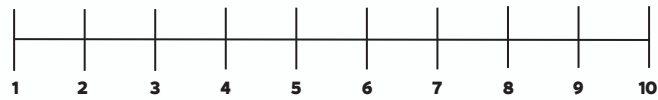


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Daily Sleep Check

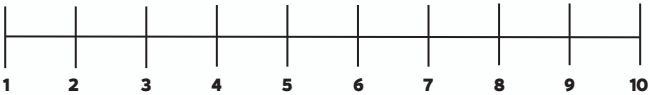


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Daily Sleep Check

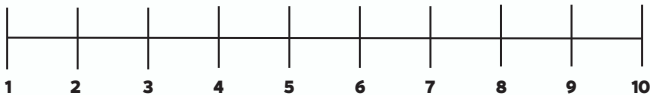


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Daily Sleep Check

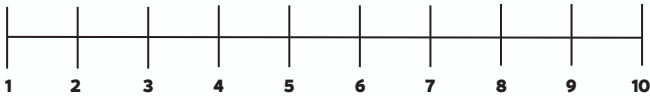


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Today I'm grateful for

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Daily Sleep Check

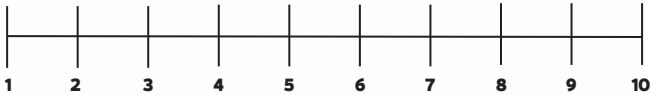


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Daily Sleep Check

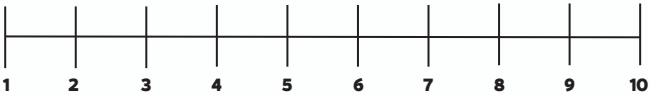


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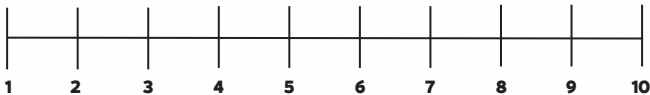


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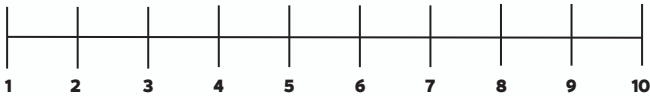


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Daily Sleep Check

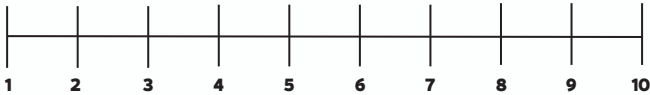


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Daily Sleep Check

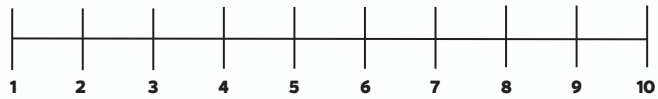


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Daily Sleep Check

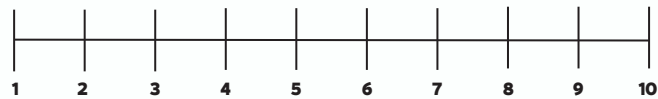


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Daily Sleep Check

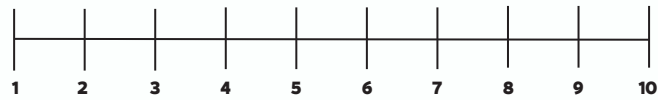


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Daily Sleep Check

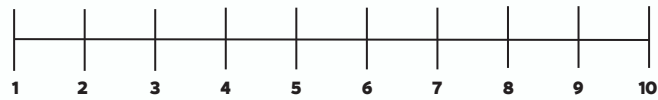


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Daily Sleep Check

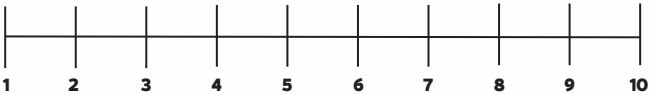


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Daily Sleep Check

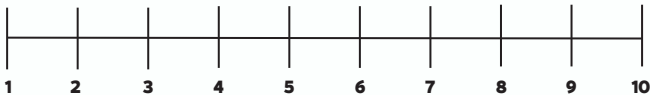


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Daily Sleep Check

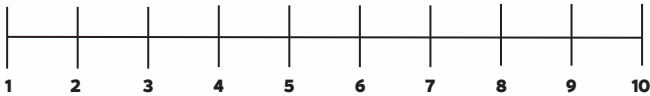


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Daily Sleep Check

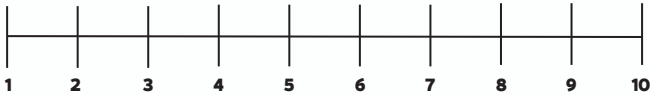


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Daily Sleep Check

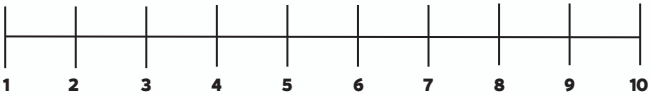


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Daily Sleep Check

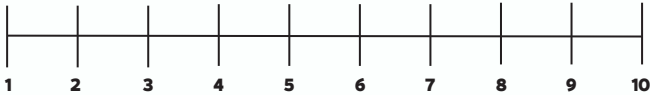


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Daily Sleep Check

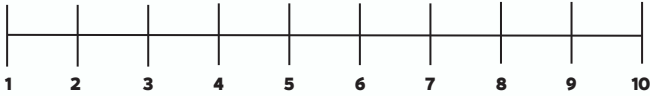


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Daily Sleep Check

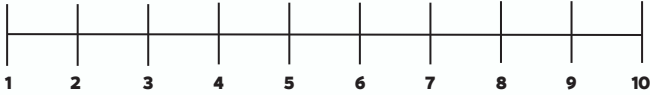


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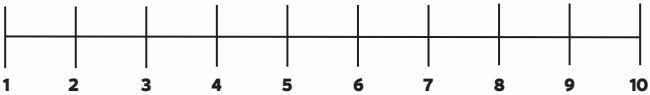


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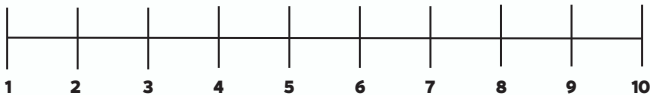


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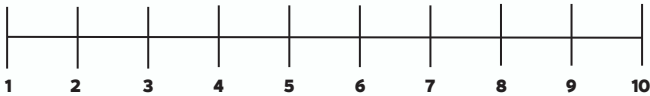


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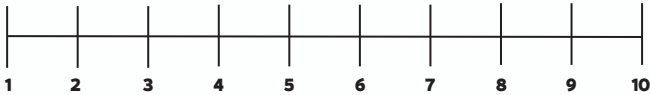


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Daily Sleep Check

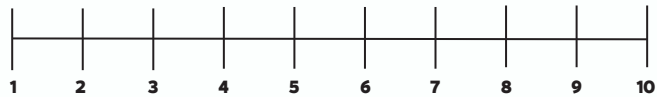


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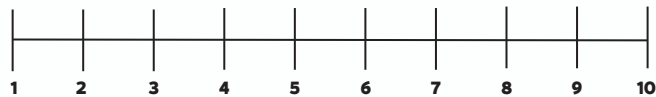
Daily Sleep Check



NEW MOON CHECK IN

APRIL 9 2024

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

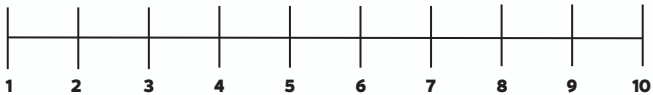
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:
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Emotional - "I feel confident and radiant when I walk into any room"
Action Based - "I did Gua Sha 3 times a week and meditated every day"

There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

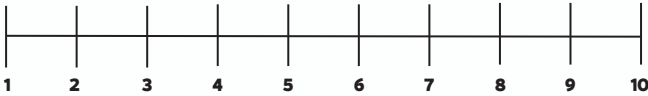
MY INTENTION:

FULL MOON CHECK IN

APRIL 23 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

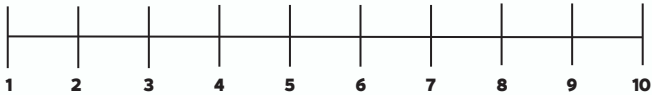
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Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Release of Something:






Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.

I AM LETTING GO OF:

END OF MONTH TAKEAWAYS & REFLECTIONS:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of?
There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.

MAY

1	2	3	4	5	6	7
NEW MOON						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
FULL MOON						
22	23	24	25	26	27	28
29	30	31	<div>  EFT  AFFIRMATION  GRATITUDE </div> <div>  RITUAL  MEDITATION </div>			

DAILY CHECK-IN

Date: .../.../...

Today I'm grateful for

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Daily Sleep Check

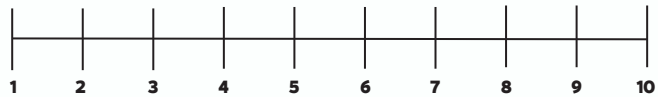
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Date:/..../....

Today I'm grateful for

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Daily Sleep Check

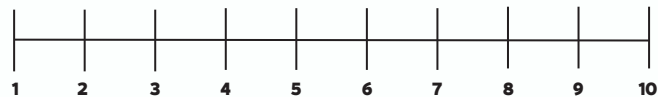


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Daily Sleep Check

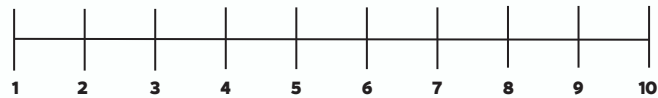


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Daily Sleep Check

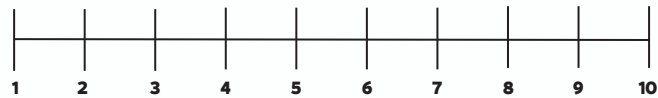


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Daily Sleep Check

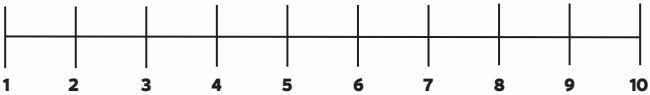


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Daily Sleep Check

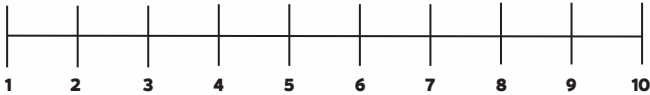


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Daily Sleep Check

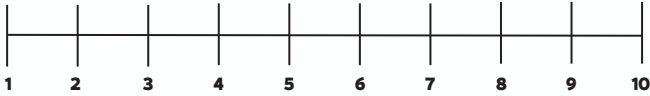


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Daily Sleep Check

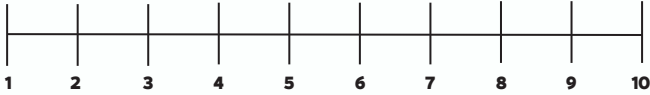


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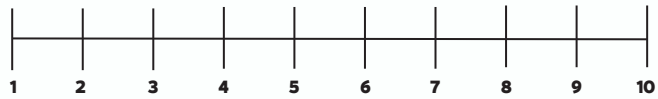


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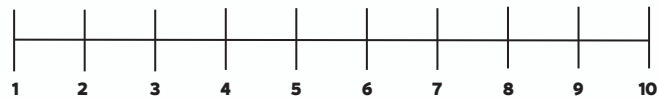


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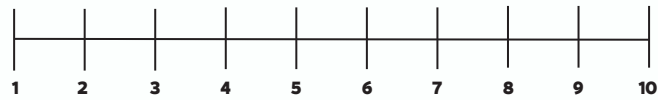


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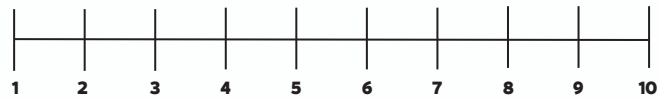


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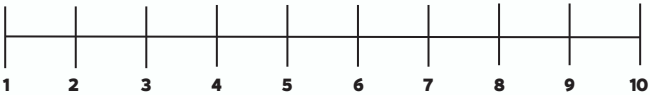


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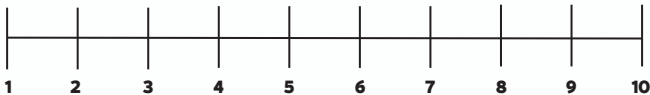


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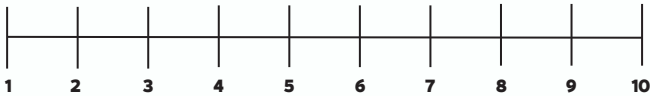


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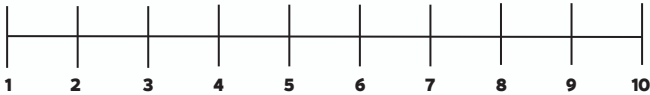


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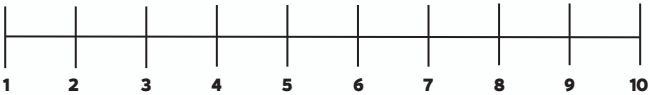


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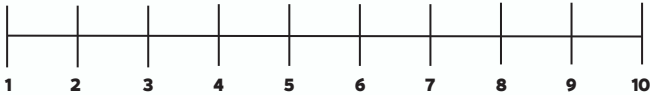


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Daily Sleep Check

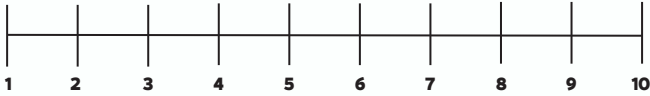


Date:/..../....

Today I'm grateful for

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Daily Sleep Check

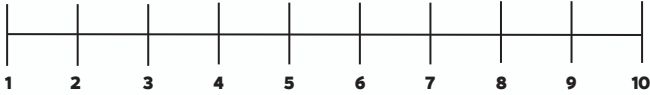


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Daily Sleep Check

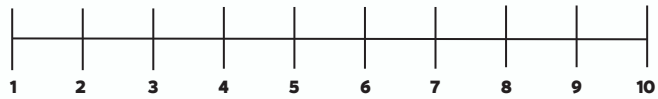


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Daily Sleep Check

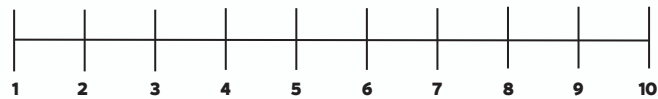


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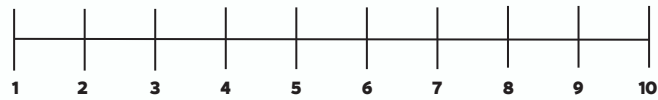


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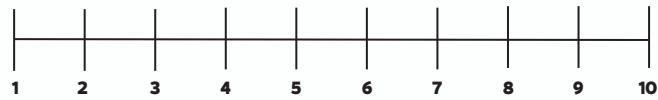


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Daily Sleep Check

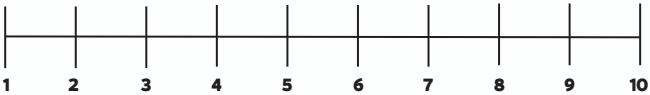


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Daily Sleep Check

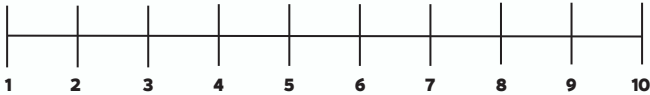


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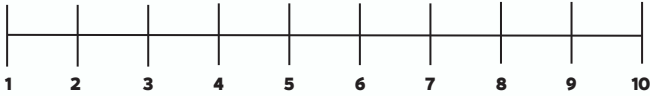


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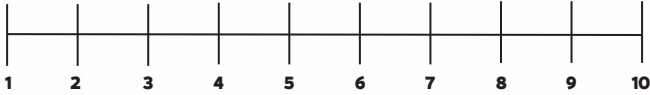


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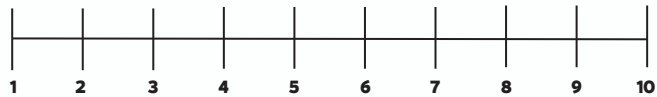


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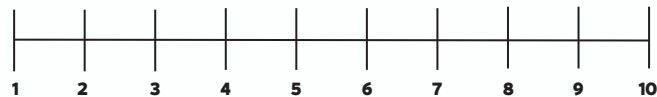


Date:/..../....

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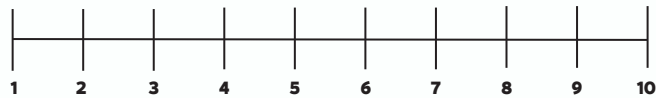
Daily Sleep Check



NEW MOON CHECK IN

MAY 8 2024

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

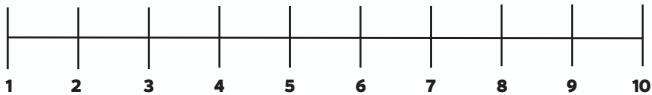
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:
Physical - "I have a beautiful, glowing complexion"
Emotional - "I feel confident and radiant when I walk into any room"
Action Based - "I did Gua Sha 3 times a week and meditated every day"

There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

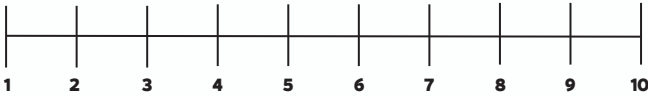
MY INTENTION:

FULL MOON CHECK IN

MAY 23 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



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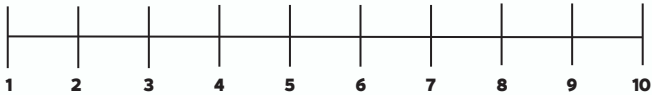
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JOURNAL SPACE

Release of Something:

























































































































Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.


I AM LETTING GO OF:


END OF MONTH TAKEAWAYS & REFLECTIONS:


This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.


JUNE


						NEW MOON	
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 **EFT**

 **AFFIRMATION**

 **GRATITUDE**

 **RITUAL**

 **MEDITATION**

DAILY CHECK-IN

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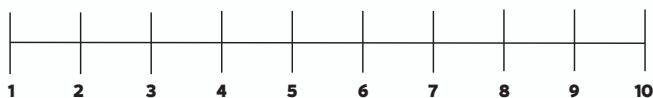
Today I'm grateful for

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Daily Sleep Check

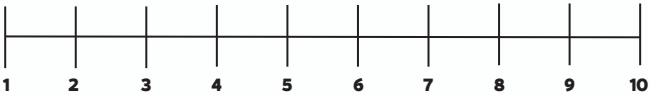


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Today I'm grateful for

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Daily Sleep Check

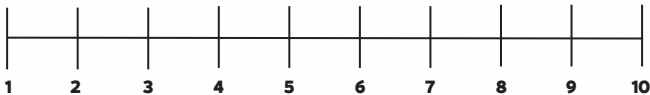


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Today I'm grateful for

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Daily Sleep Check

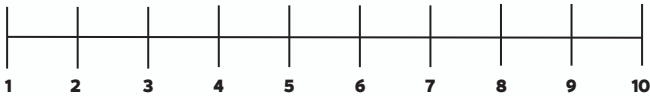


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Daily Sleep Check

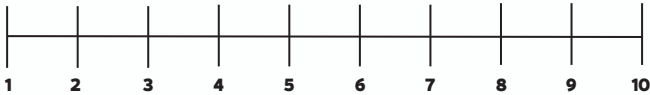


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Daily Sleep Check

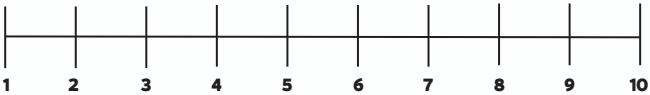


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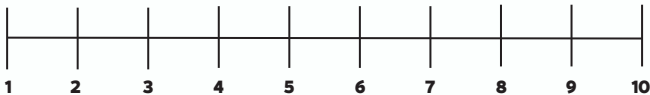


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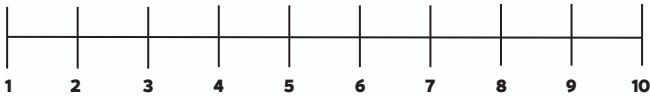


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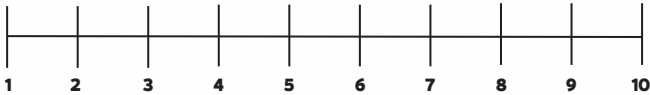


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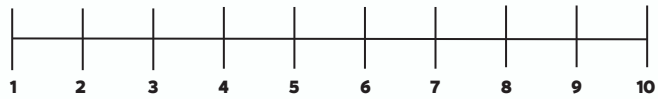


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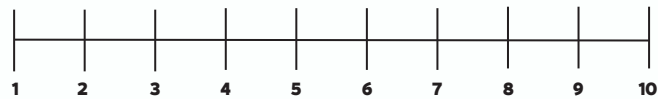


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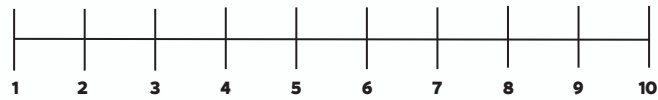


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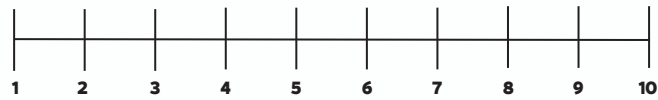


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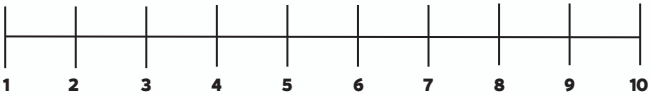


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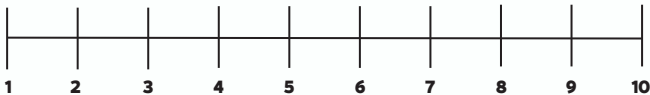


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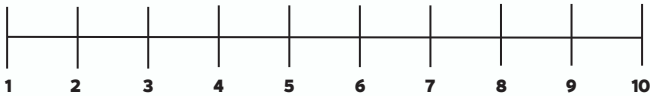


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Daily Sleep Check

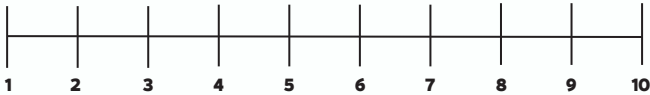


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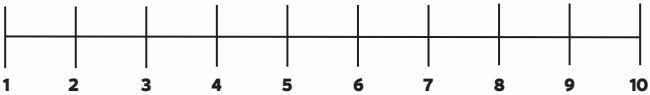


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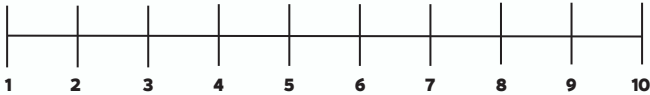


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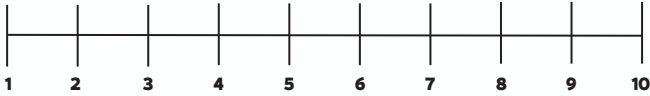


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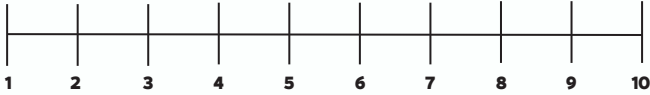


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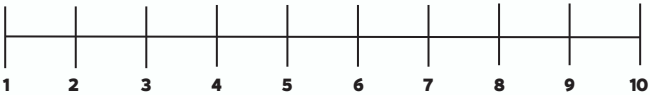


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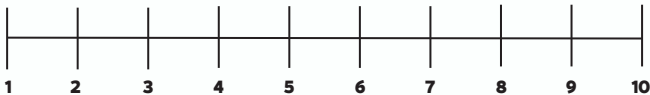


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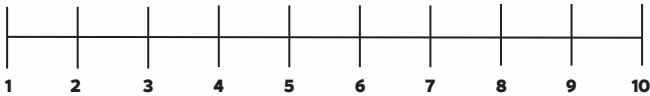


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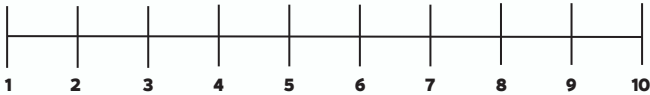


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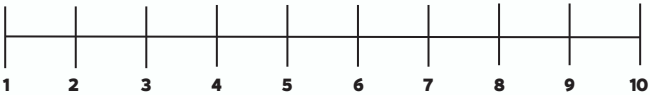


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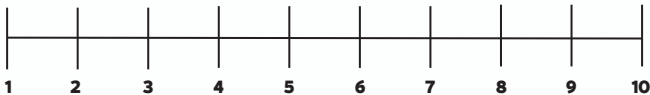


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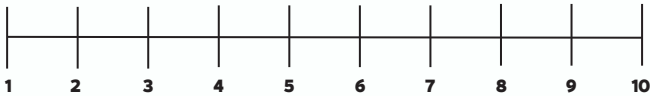


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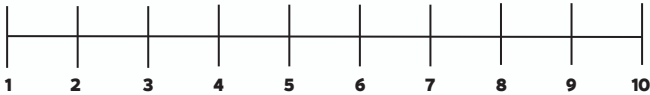


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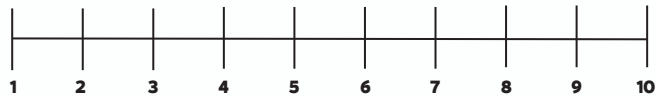
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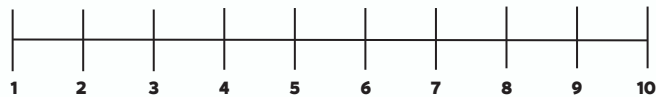
Daily Sleep Check



NEW MOON CHECK IN

JUNE 6 2024

CURRENT FEELING



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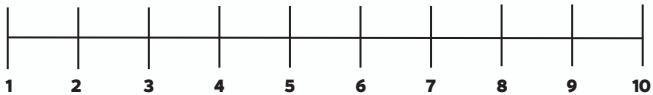
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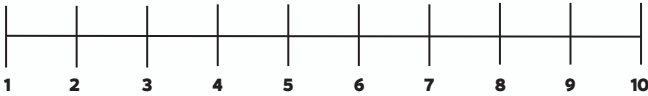
MY INTENTION:

FULL MOON CHECK IN

JUNE 21 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

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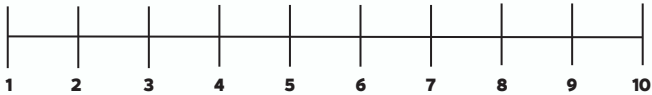
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JOURNAL SPACE

Release of Something:






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I AM LETTING GO OF:

END OF MONTH TAKEAWAYS & REFLECTIONS:

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JULY

						NEW MOON	
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22	23	24	25	26	27	28	
29	30	31	<div>  EFT  AFFIRMATION  GRATITUDE </div> <div>  RITUAL  MEDITATION </div>				

DAILY CHECK-IN

Date: ../../..

Today I'm grateful for

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Daily Sleep Check

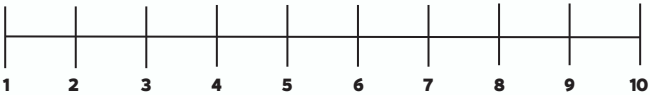
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Date:/..../....

Today I'm grateful for

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Daily Sleep Check

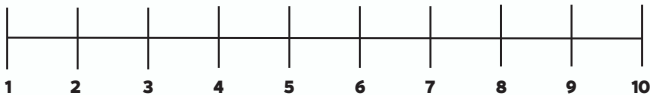


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Daily Sleep Check

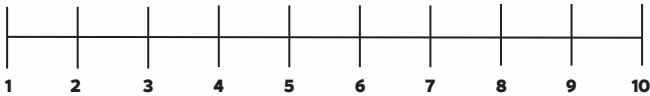


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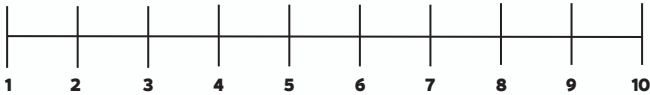


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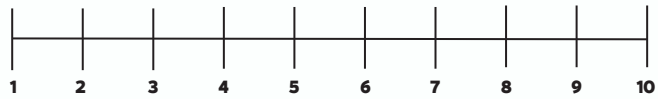


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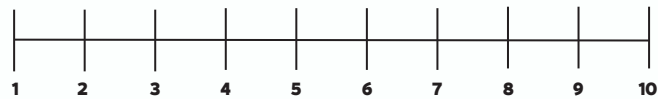


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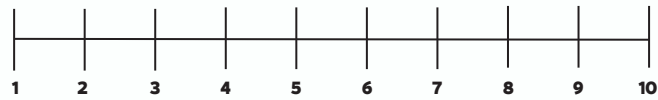


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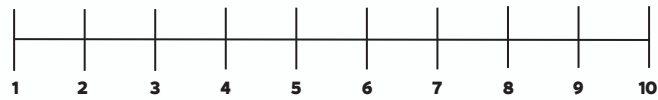


Date:/..../....

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Daily Sleep Check

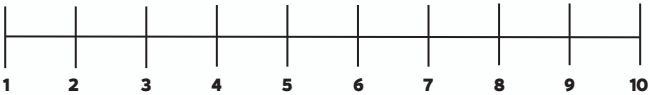


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Today I'm grateful for

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Daily Sleep Check

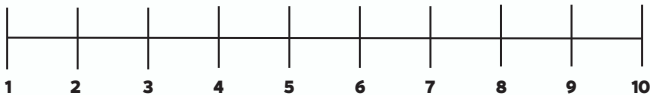


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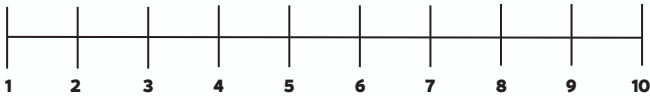


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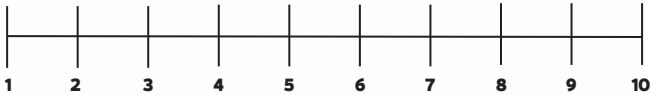


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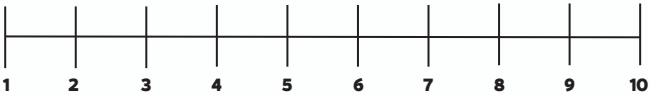


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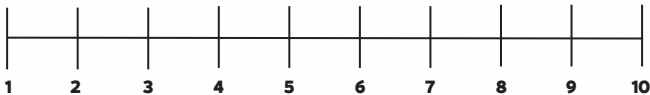


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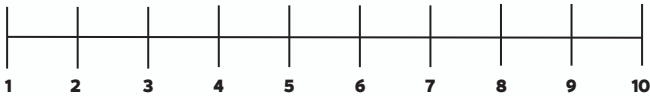


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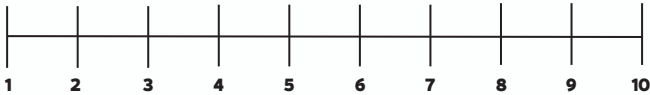


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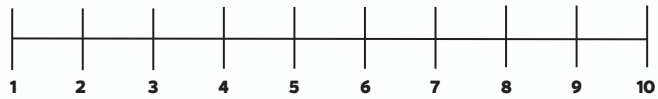


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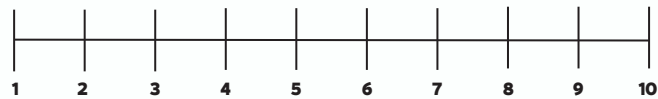


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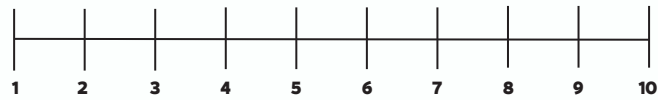


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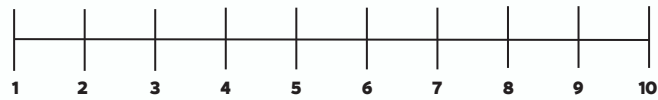


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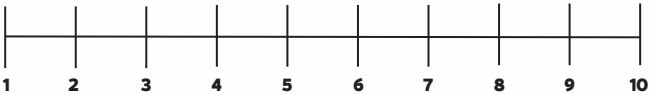


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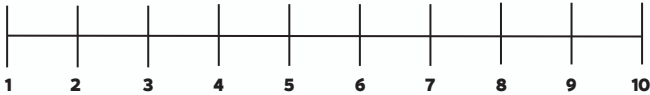


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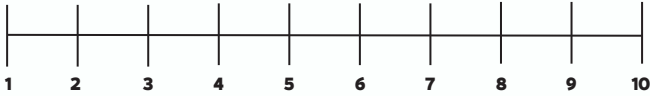


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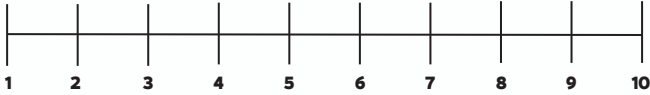


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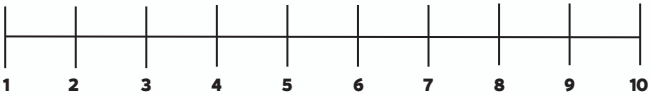


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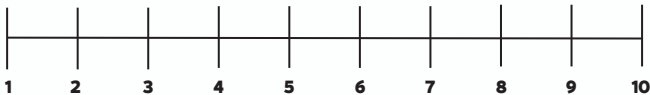


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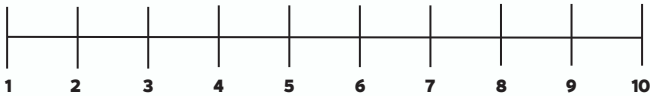


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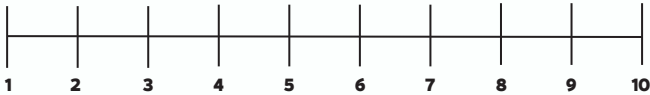


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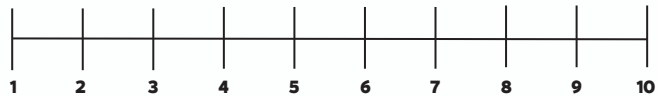


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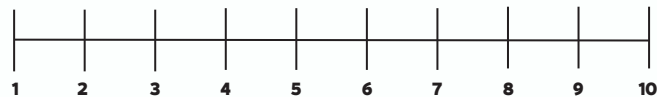


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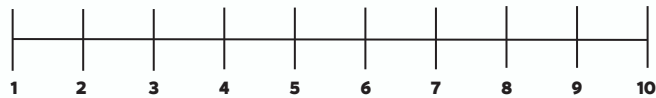
Daily Sleep Check



NEW MOON CHECK IN

JULY 6 2024

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

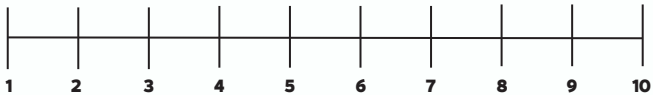
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:
Physical - "I have a beautiful, glowing complexion"
Emotional - "I feel confident and radiant when I walk into any room"
Action Based - "I did Gua Sha 3 times a week and meditated every day"

There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

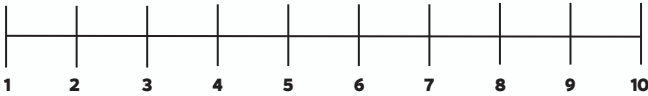
MY INTENTION:

FULL MOON CHECK IN

JULY 21 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



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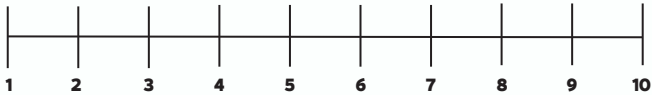
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JOURNAL SPACE

Release of Something:





























































































































Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.


I AM LETTING GO OF:


END OF MONTH TAKEAWAYS & REFLECTIONS:


This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.


AUGUST


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 **EFT**

 **AFFIRMATION**

 **GRATITUDE**

 **RITUAL**

 **MEDITATION**

DAILY CHECK-IN

Date: / /

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Daily Sleep Check

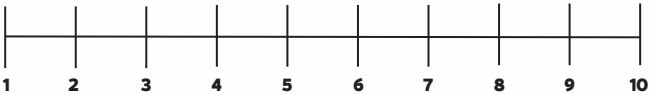
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Daily Sleep Check

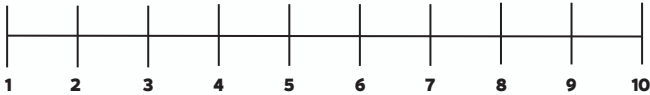


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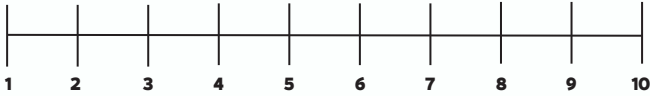


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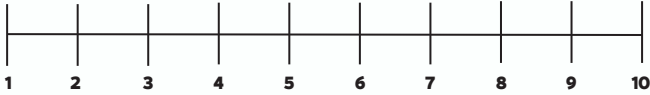


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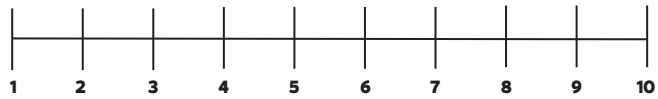


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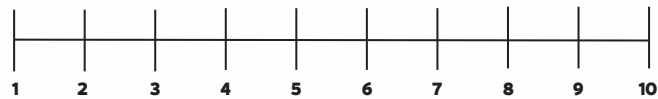


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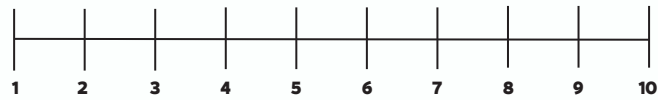


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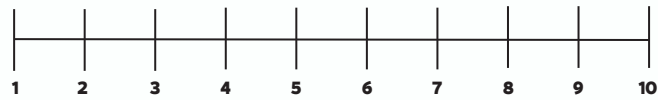


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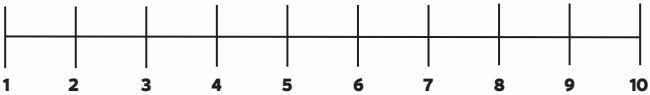


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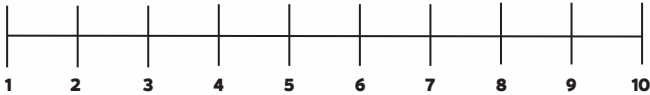


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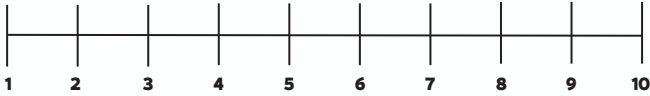


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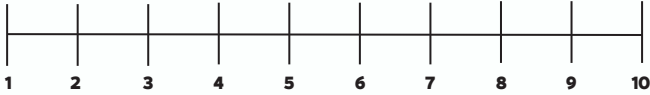


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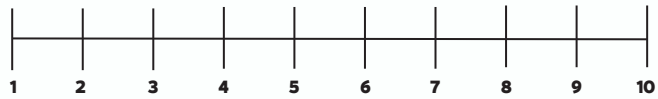


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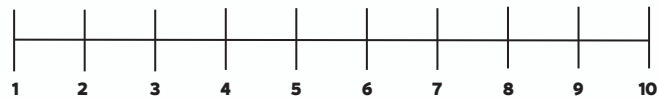


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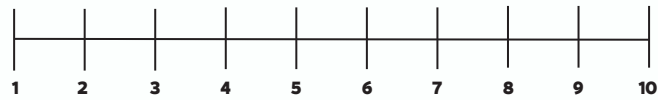


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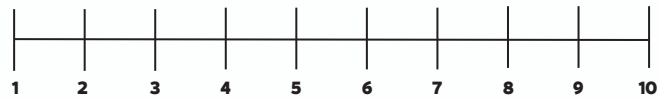


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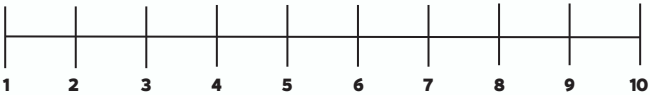


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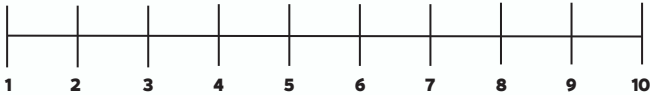


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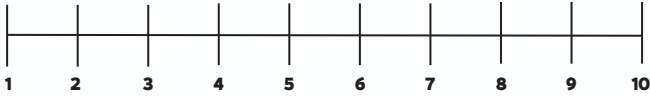


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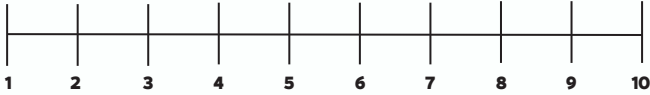


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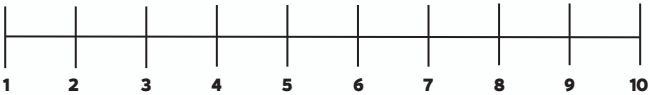


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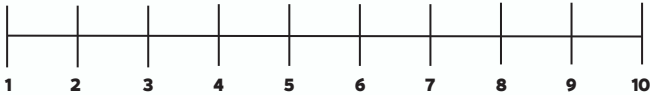


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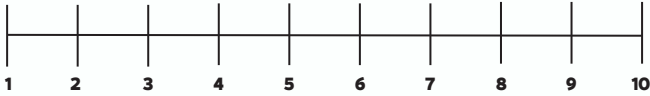


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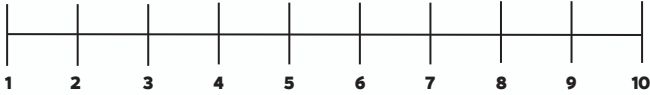


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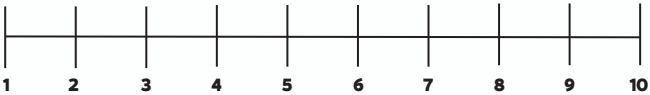


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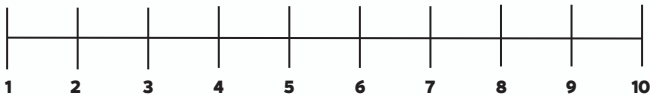


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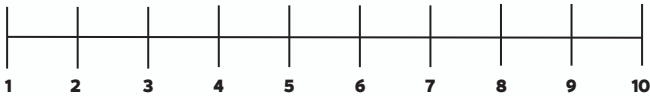


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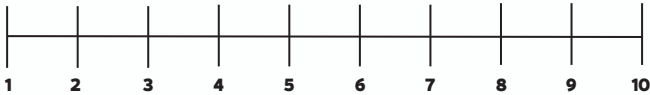


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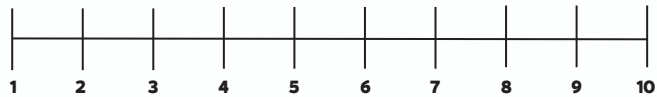


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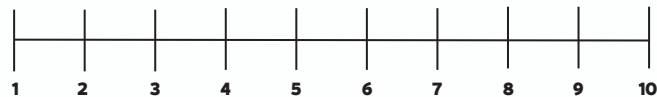


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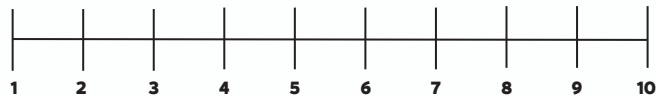
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NEW MOON CHECK IN

AUGUST 5 2024

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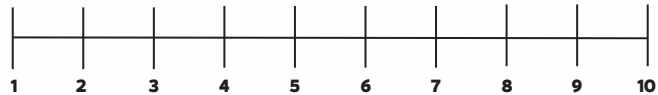
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If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

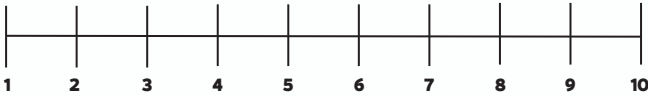
MY INTENTION:

FULL MOON CHECK IN

AUGUST 19 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

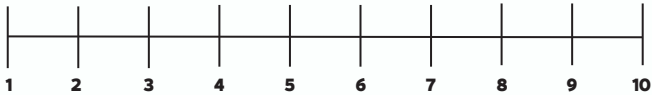
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Release of Something:

Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.






























































































































I AM LETTING GO OF:

END OF MONTH TAKEAWAYS & REFLECTIONS:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.

SEPTEMBER

NEW MOON

1    	2    	3    	4    	5    	6    	7    	
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15    	16    	17    	18    	19    	20    	21    	
22    	23    	24    	25    	26    	27    	28    	
29    	30    	 EFT  AFFIRMATION  GRATITUDE				 RITUAL  MEDITATION	

DAILY CHECK-IN

Date: .../.../...

Today I'm grateful for

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Daily Sleep Check

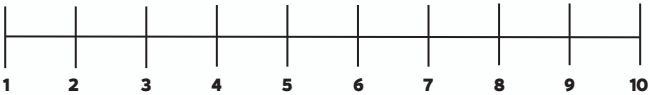
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Date:/..../....

Today I'm grateful for

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Daily Sleep Check

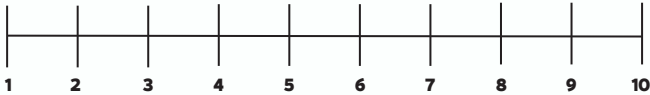


Date:/..../....

Today I'm grateful for

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Daily Sleep Check

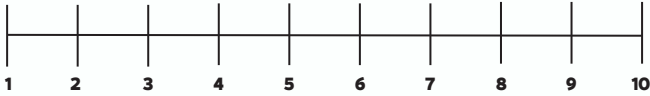


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Today I'm grateful for

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Daily Sleep Check

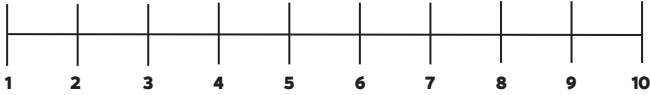


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Today I'm grateful for

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Daily Sleep Check

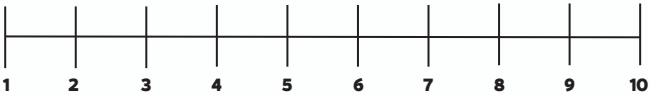


Date:/..../....

Today I'm grateful for

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Daily Sleep Check

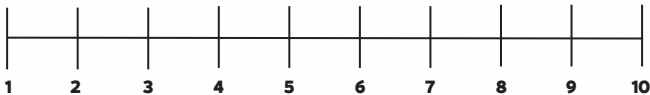


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Today I'm grateful for

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Daily Sleep Check

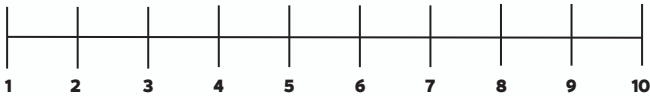


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Today I'm grateful for

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Daily Sleep Check

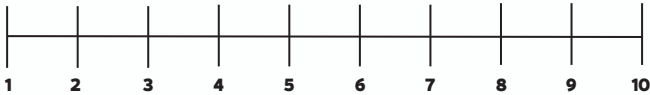


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Today I'm grateful for

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Daily Sleep Check

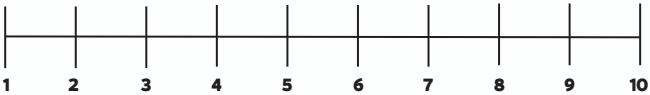


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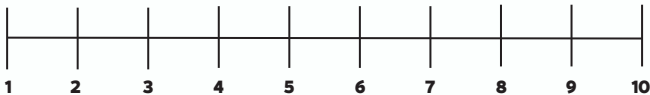


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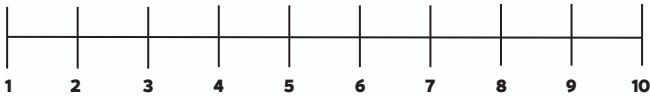


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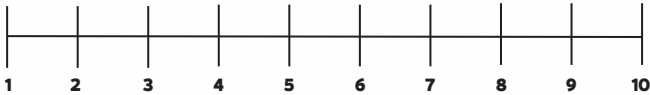


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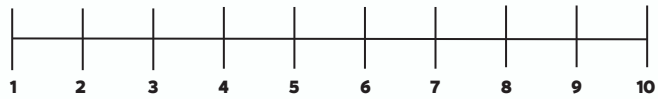


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Today I'm grateful for

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Daily Sleep Check

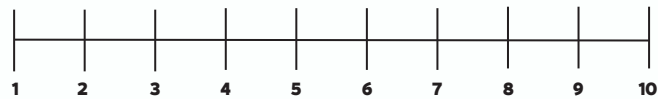


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Daily Sleep Check

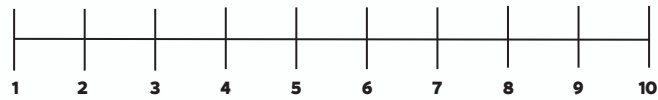


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Daily Sleep Check

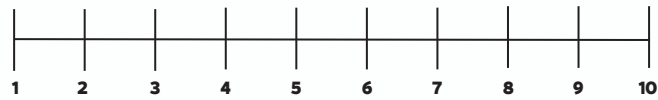


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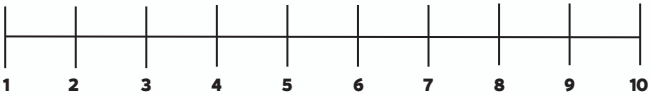


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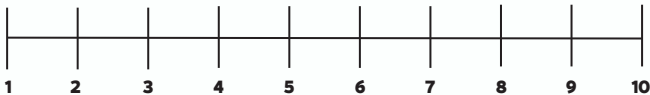


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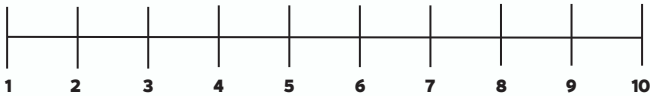


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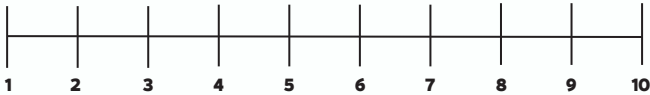


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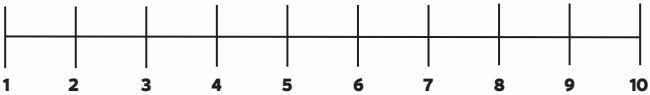


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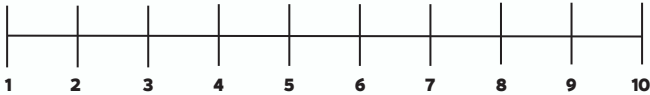


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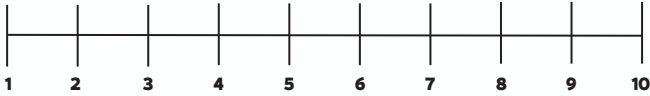


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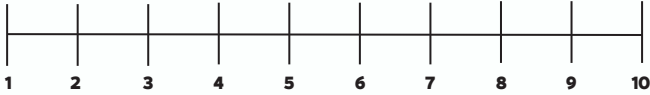


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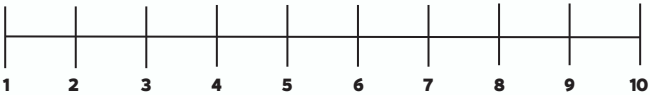


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Daily Sleep Check

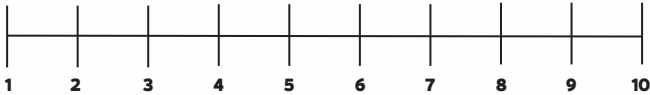


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Daily Sleep Check

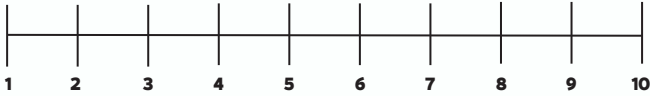


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Daily Sleep Check

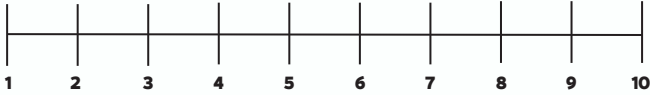


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Daily Sleep Check



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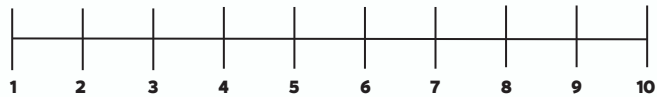
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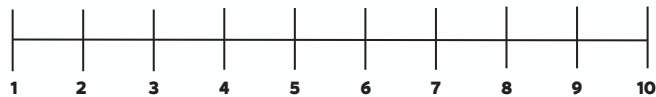
Daily Sleep Check



NEW MOON CHECK IN

SEPTEMBER 3 2024

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

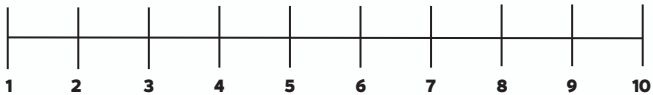
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:
Physical - "I have a beautiful, glowing complexion"
Emotional - "I feel confident and radiant when I walk into any room"
Action Based - "I did Gua Sha 3 times a week and meditated every day"

There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

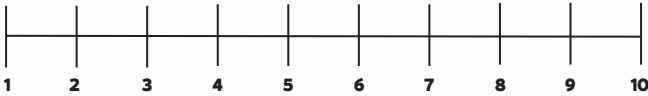
MY INTENTION:

FULL MOON CHECK IN

SEPTEMBER 17 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

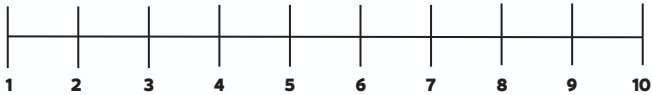
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Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Release of Something:

Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.

I AM LETTING GO OF:

END OF MONTH TAKEAWAYS & REFLECTIONS:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.

OCTOBER

NEW MOON

1	2	3	4	5	6	7
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8	9	10	11	12	13	14
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FULL MOON


15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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29	30	31
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 **EFT**

 **AFFIRMATION**

 **GRATITUDE**

 **RITUAL**

 **MEDITATION**

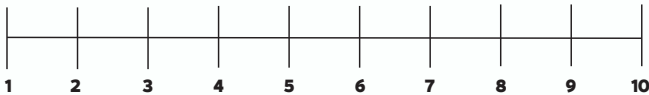
DAILY CHECK-IN

Date: .../.../...

Today I'm grateful for

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Daily Sleep Check

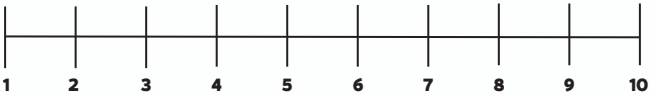


Date:/..../....

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Daily Sleep Check

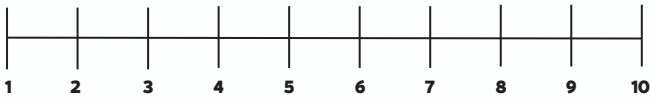


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Daily Sleep Check

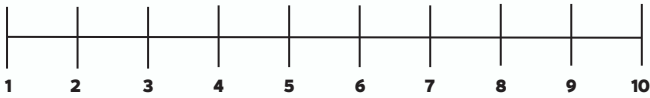


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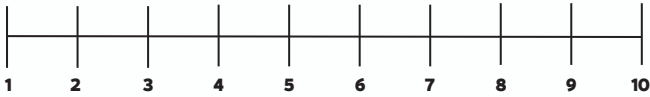


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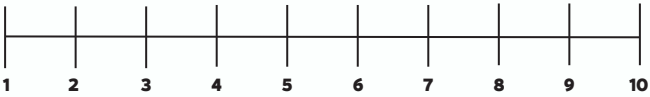


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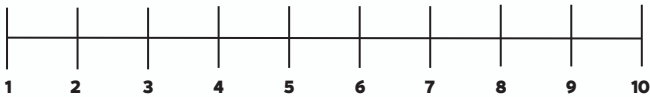


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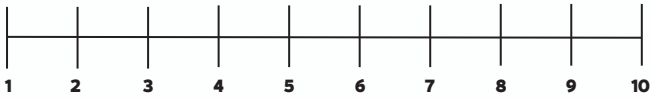


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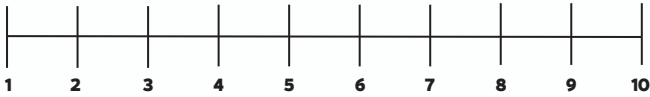


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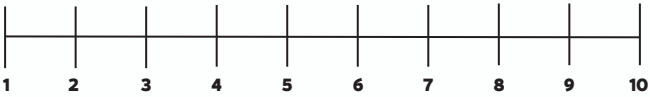


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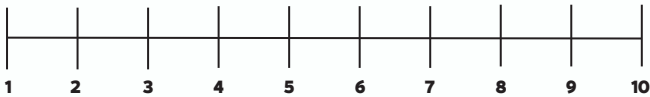


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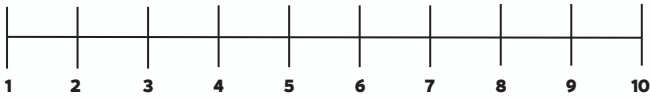


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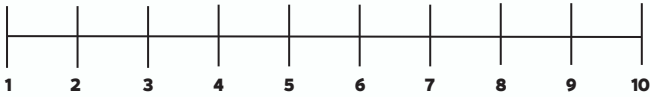


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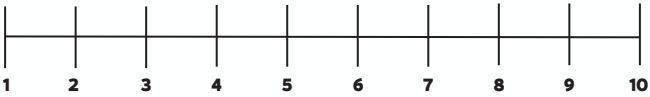


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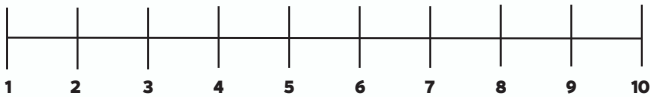


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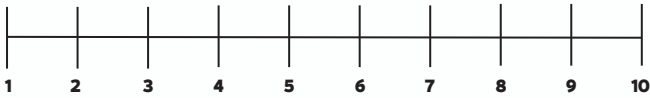


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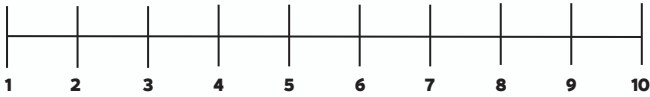


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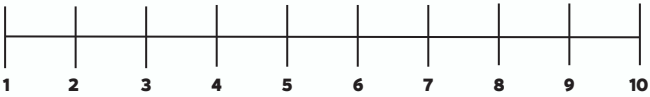


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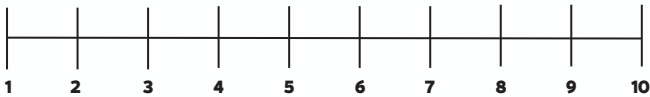


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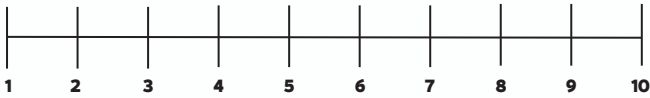


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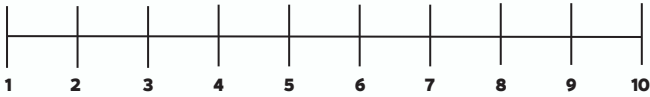


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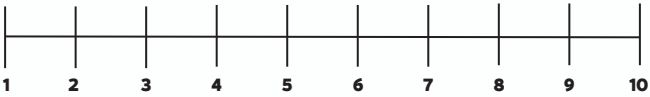


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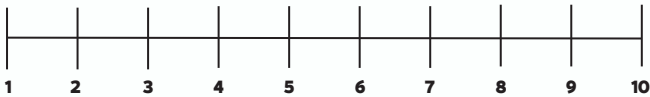


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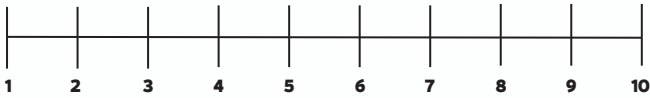


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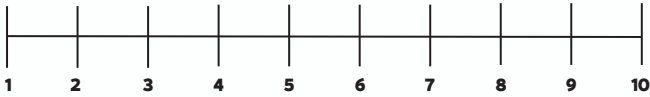


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Daily Sleep Check

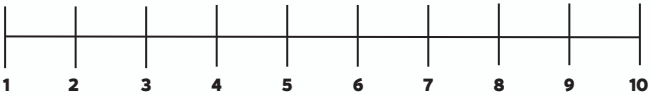


Date:/..../....

Today I'm grateful for

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Daily Sleep Check

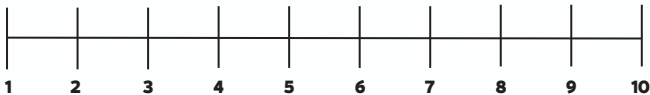


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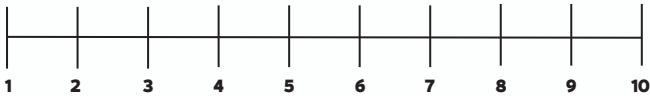


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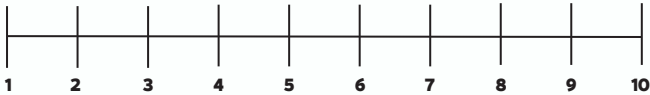


Date:/..../....

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Daily Sleep Check



Date:/..../....

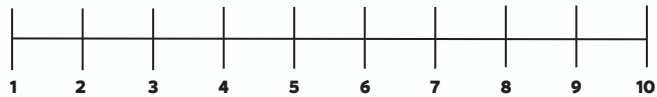
Today I'm grateful for

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Daily Sleep Check



Date:/..../....

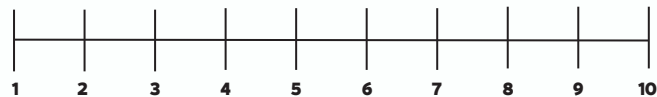
Today I'm grateful for

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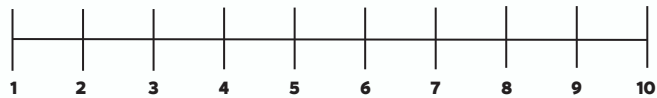
Daily Sleep Check



NEW MOON CHECK IN

OCTOBER 3 2024

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

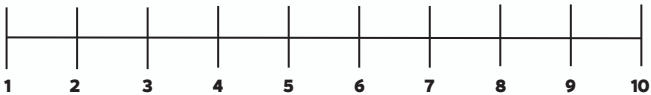
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:
Physical - "I have a beautiful, glowing complexion"
Emotional - "I feel confident and radiant when I walk into any room"
Action Based - "I did Gua Sha 3 times a week and meditated every day"

There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

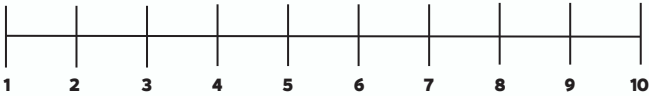
MY INTENTION:

FULL MOON CHECK IN

OCTOBER 17 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

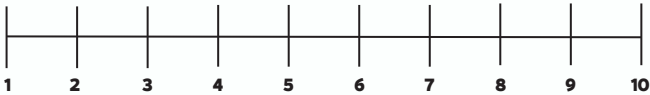
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JOURNAL SPACE

Release of Something:

Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.

I AM LETTING GO OF:





END OF MONTH TAKEAWAYS & REFLECTIONS:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.





NOVEMBER

NEW MOON





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

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



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



FULL MOON





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



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

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



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 AFFIRMATION

 GRATITUDE

 RITUAL

 MEDITATION

DAILY CHECK-IN

Date: .../.../...

Today I'm grateful for

Daily Sleep Check

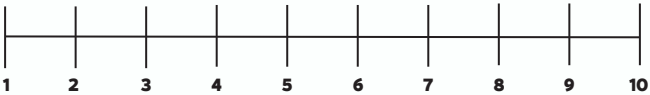
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Date:/..../....

Today I'm grateful for

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Daily Sleep Check

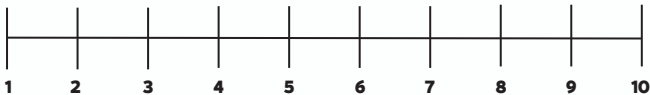


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Daily Sleep Check

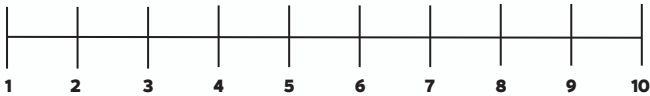


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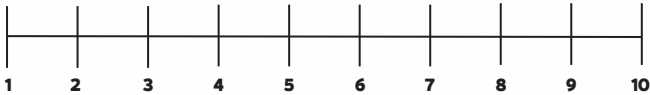


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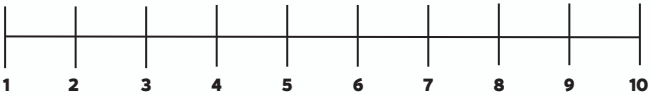


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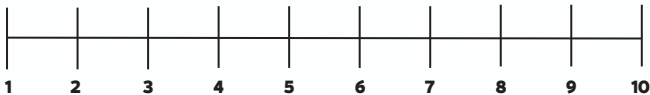


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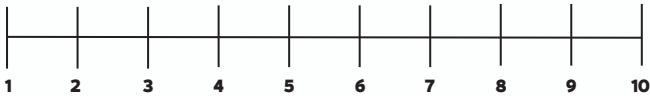


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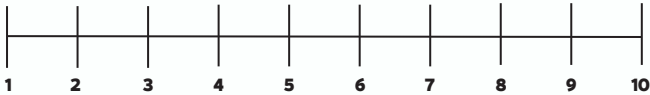


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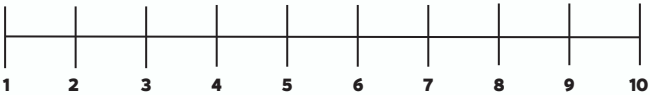


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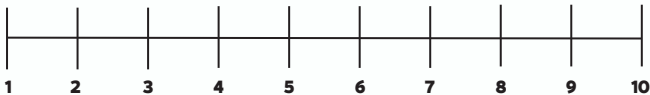


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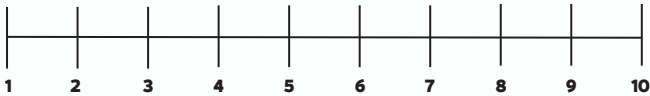


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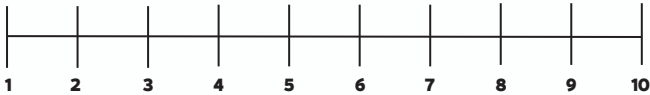


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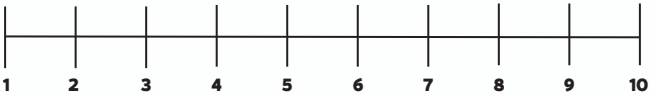


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Daily Sleep Check

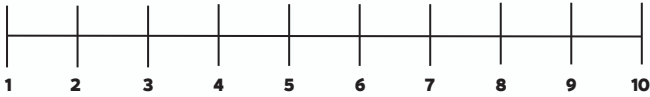


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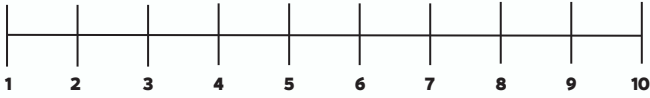


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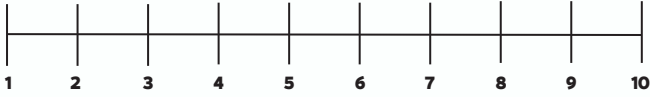


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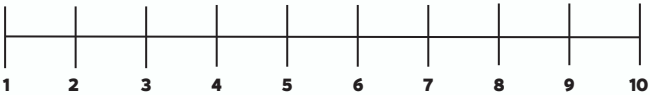


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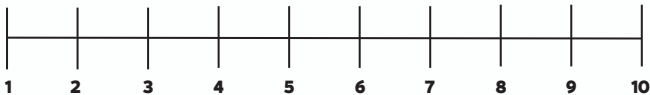


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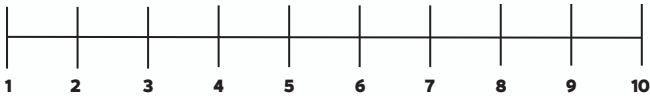


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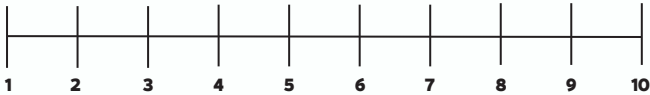


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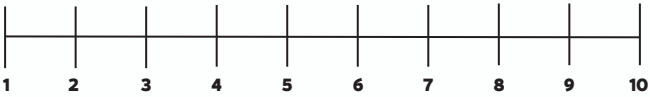


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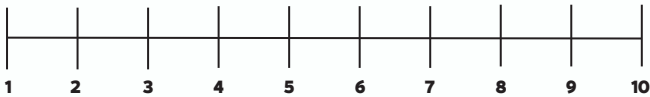


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Daily Sleep Check

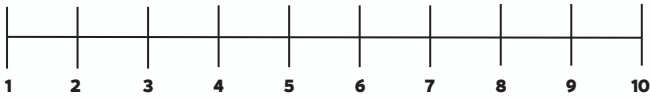


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Daily Sleep Check

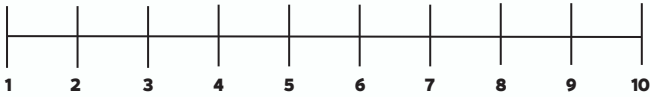


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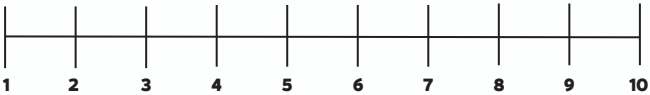


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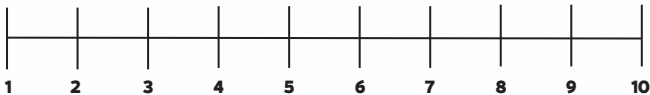


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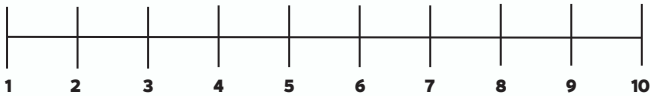


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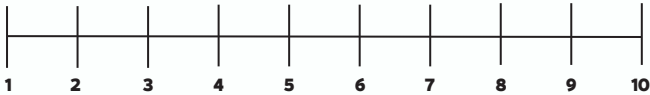


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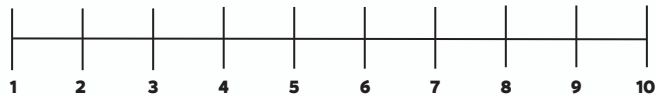
Daily Sleep Check



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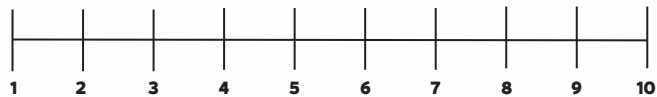
Daily Sleep Check



NEW MOON CHECK IN

NOVEMBER 1 2024

CURRENT FEELING



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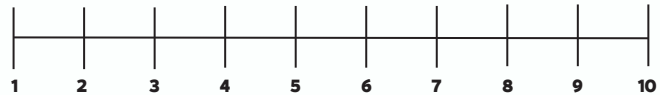
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Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

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Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:
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There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

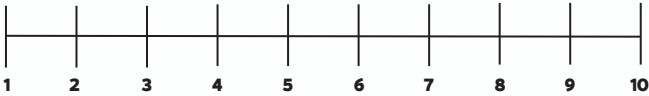
MY INTENTION:

FULL MOON CHECK IN

NOVEMBER 15 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

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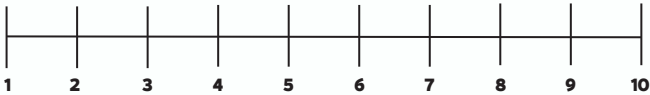
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JOURNAL SPACE

Release of Something:

Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.

I AM LETTING GO OF:






END OF MONTH TAKEAWAYS & REFLECTIONS:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.






DECEMBER

NEW MOON






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




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FULL MOON






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




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
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




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 EFT

 AFFIRMATION

 GRATITUDE

 RITUAL

 MEDITATION

DAILY CHECK-IN

Date:/..../....

Today I'm grateful for

Daily Sleep Check

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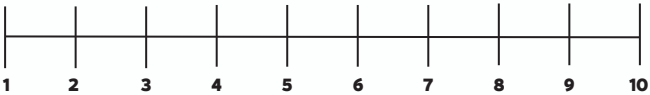
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Date:/..../....

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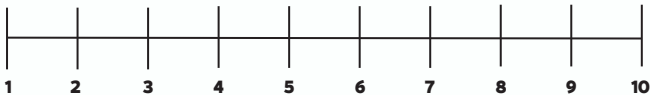


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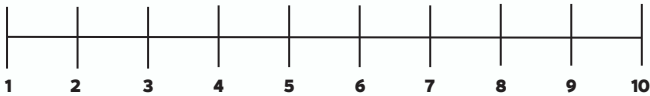


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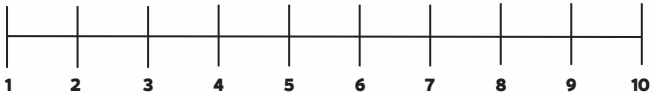


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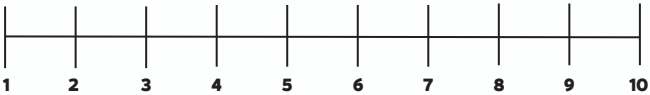


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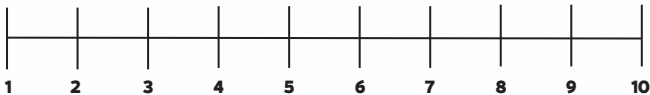


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Daily Sleep Check

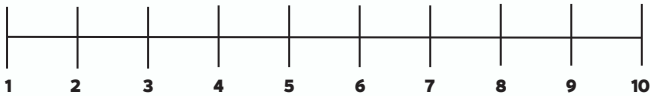


Date:/..../....

Today I'm grateful for

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Daily Sleep Check

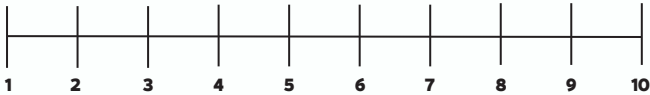


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Today I'm grateful for

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Daily Sleep Check

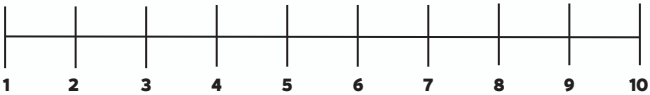


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Daily Sleep Check

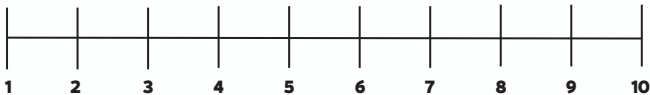


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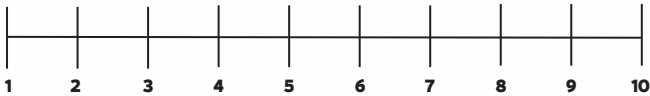


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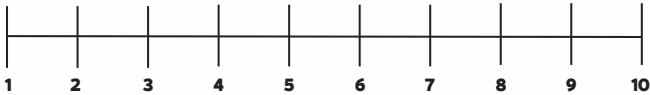


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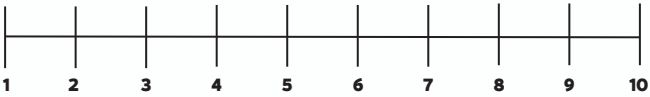


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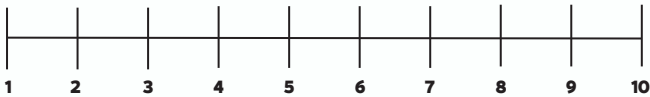


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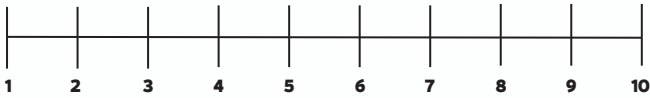


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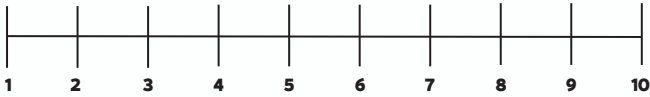


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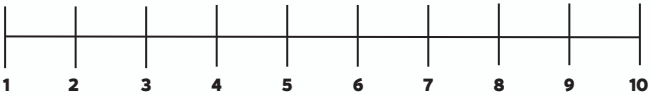


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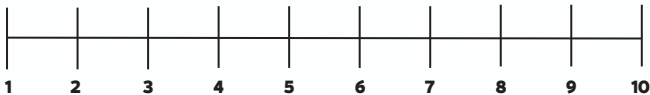


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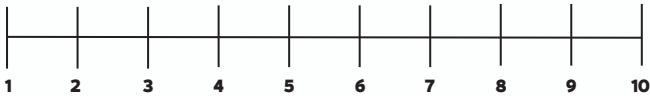


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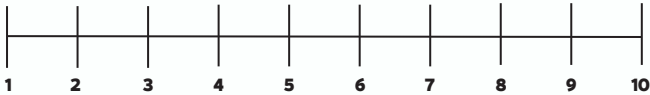


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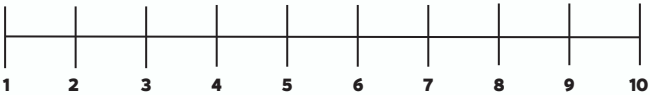


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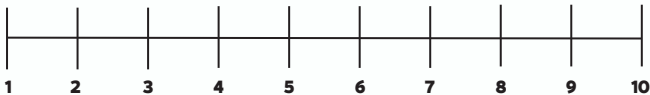


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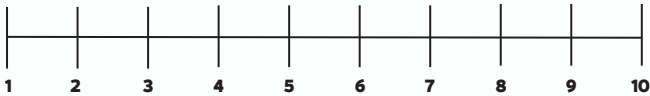


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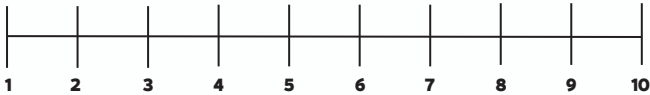


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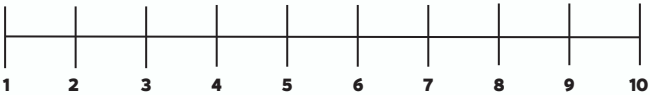


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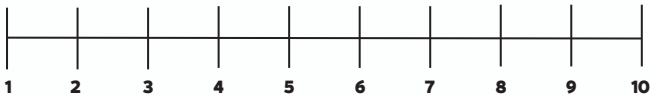


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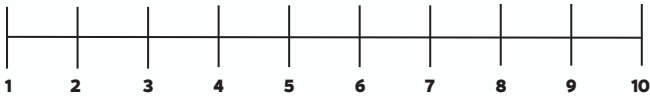


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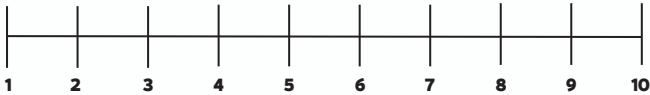


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Daily Sleep Check



Date:/..../....

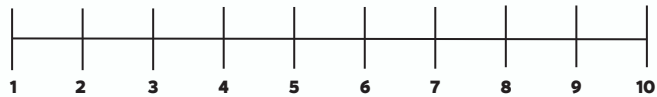
Today I'm grateful for

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Daily Sleep Check



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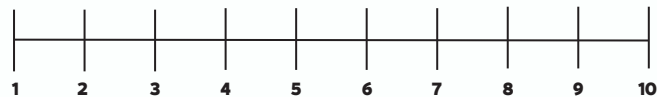
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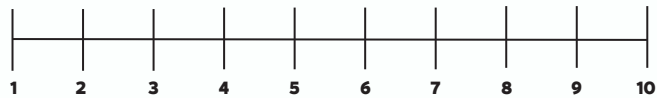
Daily Sleep Check



NEW MOON CHECK IN

DECEMBER 1 2024

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

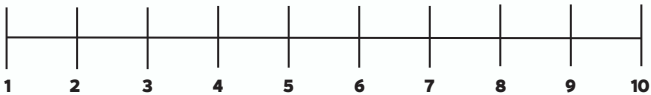
JOURNAL SPACE

Comparative Reflection

Compare your current feeling with the previous check in's score. Identify one situation or moment where you felt the Beauty Essentials making a positive impact. This helps you recognize early wins and shifts in your perception.

JOURNAL SPACE

Internal Beauty Assessment



Rate your internal sense of beauty and confidence. How does this compare to your last check-in? Recognize the beauty you feel on the inside.

JOURNAL SPACE

Celebrate Your Wins

Identify any situations or moments in the last two weeks where you noticed the Beauty Essentials positively influencing your internal and/or external beauty, self worth or self confidence. Celebrate these wins and acknowledge your progress.

JOURNAL SPACE

Set An Intention

Set 1 intention for the next two weeks that relates to your overall goals for the year that you set for yourself. It could be:
Physical - "I have a beautiful, glowing complexion"
Emotional - "I feel confident and radiant when I walk into any room"
Action Based - "I did Gua Sha 3 times a week and meditated every day"

There is nothing too small but make sure you believe the intention is attainable. If you don't believe it is, make sure you have worked on any limiting beliefs in the limiting beliefs section that might be causing that.

If you have your intention in mind, go ahead and write it down below as an affirmative statement, beginning with "I am" or "I have." Afterward, say it aloud and release any attachment to how it will manifest, just trusting that it is already unfolding in your life.

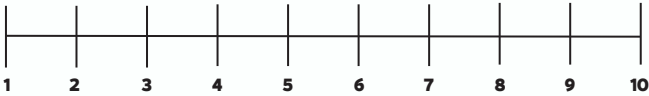
MY INTENTION:

FULL MOON CHECK IN

DECEMBER 15 2024

TAKE A SELFIE TO DOCUMENT YOUR JOURNEY

CURRENT FEELING



Reflect on your overall feeling. How do you rate your confidence, self-love, and beauty today compared to the last check-in? Be honest and notice any shifts.

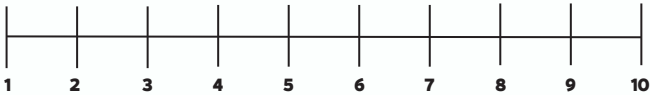
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JOURNAL SPACE

Release of Something:

Name one thing that you intend to let go of or release over the next two weeks. It could be a negative belief you are going to work through. It could be a word that makes you feel small. It could be a behavior or habit that doesn't serve you.

I AM LETTING GO OF:

END OF MONTH TAKEAWAYS & REFLECTIONS:

This is a space for letting your inner voice free. You can write a letter to your future self, past self, what limiting beliefs are you letting go of? There is no wrong way to do this exercise. Just put your pen to the paper and let it flow.

DISCLAIMER

The information provided in this course is for educational purposes only and does not constitute professional medical or mental health advice. It is not intended as a substitute for consultation with qualified healthcare professionals. Always seek the advice of your physician or other qualified health provider regarding any medical conditions or concerns. This course does not explicitly state or guarantee that it substitutes for professional medical or mental health advice, diagnosis, or treatment. Consult with licensed healthcare and mental health professionals for advice tailored to your specific situation. If you are experiencing a medical or mental health emergency, contact your local emergency services immediately.

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