

SPIRITPOSSE

Soul Up

Love Yourself Daily



GET UP

RISE AND SHINE WAKE UP
READY & LOVE THIS DAY.
CONNECT TO THE ENERGY
WITHIN AND AROUND YOU.



BREATHE, PRAY & MEDITATE

BE PRESENT IN YOUR BREATH &
SIT IN YOUR MAGIC.. CONNECT
WITH YOUR SOURCE & SPIRIT.



SET INTENTIONS

TELL THE UNIVERSE WHAT
YOU INTEND FOR THIS
DAY.



GET DRESSED

COMFORTABLE CLOTHES,
BRUSH HAIR, BRUSH
TEETH, GET OUT OF
PAJAMAS



MOVE

STRETCH, WALK, RUN, YOGA,
SWIM, DANCE, BIKE, MOVE



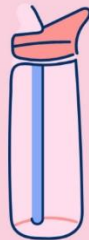
WRITE

JOURNAL, WRITE,
CHANNEL, FLOW,
FEELINGS, ALL. NOTE THE
GOOD. .



FUEL VIBE

EXPLORE FOODS THAT
MAKE YOUR BODY
FEEL ALIVE



DRANK UP

FRESH CLEAN WATER.
LOTS OF IT. FLUSH.
FLOW. HYDRATE..



SURRENDER

"I FEEL AT EASE WITH
LETTING GO OF WHAT
I CAN'T CONTROL."

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