





MANTRA

MOVES LIKE

FEELS LIKE

EARTH:

WATER:

FIRE:

AIR:

ELEMENT + MOVEMENT

(ex.my fire moves like, my water moves like,
my earth moves like, my air moves like)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



3 MOVEMENT REFLECTIONS THIS WEEK

3 INSPIRING BODY AWARENESS REALIZATIONS FOR THE WEEK

BODY LOVE PRACTICE

Write
3 things I love about this practice

BODY GRATITUDE MANIFESTO

Write a letter of
gratitude to your
body (you can start
by making a list of
gratitude for your
body)