

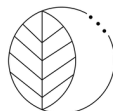
TO DON'T LIST

Meant to interrupt the to-do list the world gives us

- Today I don't compare myself to others
- Today I don't allow my internal critic to take control of my thoughts, I make space for my internal nurturer to lead the way
- Today I don't say YES to please. I say yes to me.
- Today I don't count the calories, instead I count the colors on my plate, and listen to how my body responds.
- Today, I don't react to everything! I pause and can respond later
- Today, I don't overschedule, I take some time to do nothing. Rest is revolutionary.

Write your own To Don't List. What will you refuse to do today.

- _____
- _____
- _____
- _____



TYSAH
Treat Your Self And Heal