

beauty within

A wellness inspired conversation about finding beauty for the soul. We'll share tips on how we cope with the uncertainty and roller coaster emotions of COVID and everything that comes with the busyness of life. Find beauty in stillness, be mindful of the present and refresh your soul.

**"Beauty is how you feel inside, and it reflects in your eyes.
It is not something physical." ~Sophia Loren**

be intentional

To be intentional within your routine, you begin a process that's valuable to your mental well being.

be still

Being still helps us to focus inward.

be mindful

Being mindful through journal therapy can allow you to process inner wisdom and awareness to gain more mental wellness and feel beautiful and confident internally.

JOURNAL THERAPY REFLECTIONS

Get yourself a notebook and start this mindful positive practice today!

- How am I feeling?
- What am I grateful for?
- I currently feel... (Ref the "Feelings Wheel")
- What is stressing me out?
- What do I need in this moment?

