

21 days to

Release ~ Restore ~ Revibe



Create an affirmation, a short I AM statement, or a single word to anchor your intention and focus your attention during this 21 day reset!

Release

I release toxins, negative thoughts, unhealthy habits, unwanted pounds, clutter, and *let go* of anything that no longer serves me.

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I release (foods/habbits you will eliminate)...

Restore

I restore my body, mind & spirit and *commit to* these healthy foods, daily habits, and cultivating a more loving relationship with myself.

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I restore (healthy foods to add/habits to adopt)...

Revibe

I revibe by bringing forward the best of me in 2022 and shifting the energy that is not in alignment with my vision for this year.

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I celebrate (something you love about yourself) and embrace (new energy/emotions you welcome in life)...