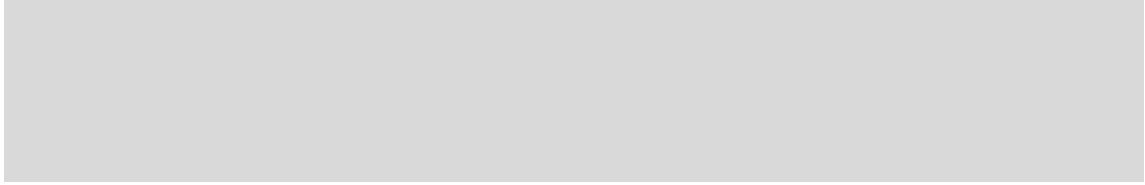


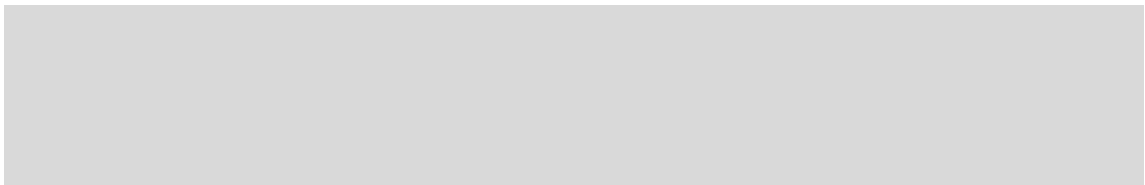
Spirituality and Self-Belief

STEP 6 Spirituality and Self-Belief

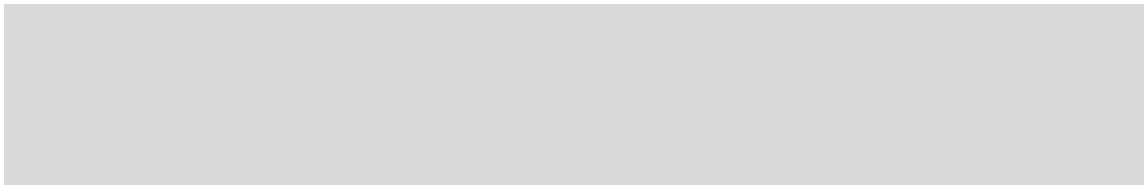
What would you like to read and when?



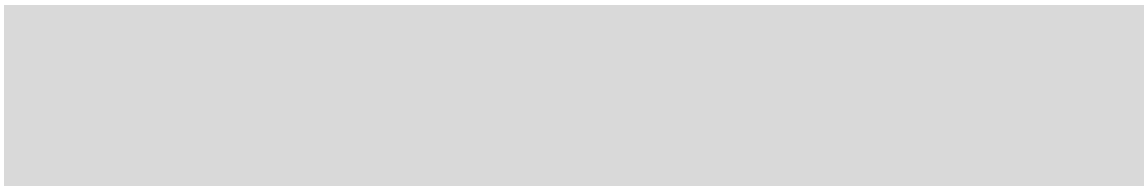
What do you want to pray or ask for, where and when?



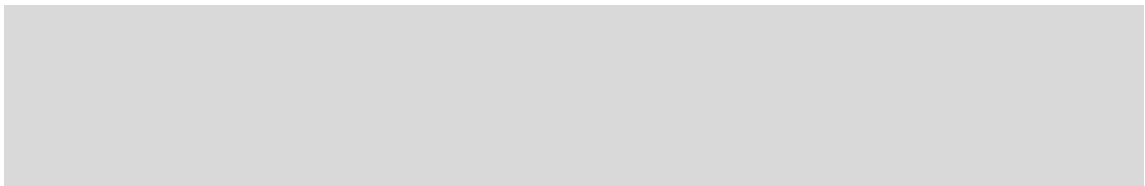
Where will you enjoy meditating and when?



Where and when will you stretch to awaken your body?



What parts of your body will benefit from a body scan?



make a playlist of meditations and calm music!