



nourish & namasté

# Set Your Intention

*7 Day Challenge Guide to Help  
You Own 2018*

*Written by Amy Lupton, Brandy Fox & Madison Luikens*

# DAY 1

## OVERVIEW & REFLECTION

“Realize deeply that the present moment is all you ever have.”

*A quote by Eckhart Tolle, spiritual author (and long lost twin of Bilbo Baggins).*

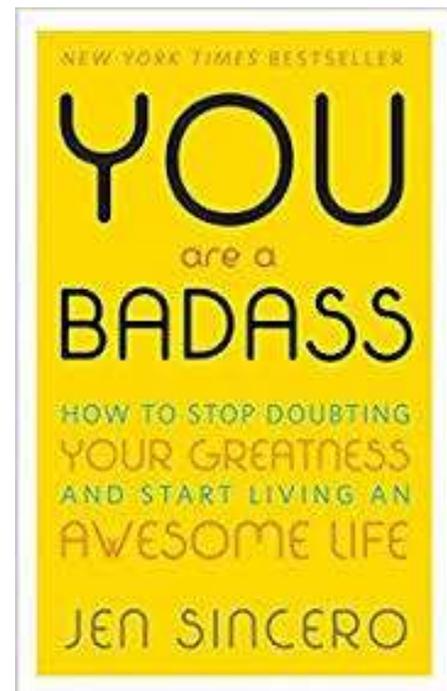
Here we all are at another crossroads in time & space where we're looking at one year in our rearview mirror and another one is a like a long highway stretched out ahead of us full of wonder & infinite possibilities. Maybe 2017 was an awesome, “kick some serious ass,” or “Queen of Take No Shit” kind of year for you. Or maybe it was a year full of getting kicked in the ass, constant uphill battles and currently feeling like you've been thrown out of the car on this glorious road trip of life and you're still choking on exhaust fumes, picking tumbleweed out of your hair & wondering what the hell just happened. Or maybe, like most of us, your year hovered somewhere on the spectrum between total awesome-sauce and major suck! Regardless of where we've all been or whatever state we currently find ourselves, NOW is the time to reflect on our past and decide how we are going to rewrite our story as we look ahead to the future.

This January is unusually special because it started with a full Supermoon on the first and is ending with a Blue Moon Lunar Eclipse on the last day of the month. Well Holy glowing space balls! What does this all mean, you ask? From an astrological standpoint, it basically means we're gonna be wallowing in ooey-gooey, self love and plastering Louise Hay affirmations all over the house. So go grab your favorite pen & post-it notes and read on you amazing, badass, intention setting SUPERMOON Goddesses because now is the time to reinvent yourself and it's gonna include a whole lotta loving the hell out of yourself.

### MY BRAIN IS MY BITCH

Jen Sincero, Sassy Spirit Diva and author of the amazing, “You are a Badass: How to Stop Doubting Your Greatness and Start Living An Awesome Life” brilliantly states that “your brain is your bitch.” Say whaaat?! Bear with me for a minute and just for fun, replace the “your & your” in that statement with “my & my” and what your left with is “my brain is my bitch, BEEYATCH!” I added the last part for emphasis. I don't know about you, but just saying that makes me feel like an in control badass ninja force of pure blazing light beams NOT to be reckoned with. Seriously, I feel like Wonder Woman wrangling up every bad mofo (or in this analogy, let's just pretend the mofos are giant chi zappers and negative self talk) that crosses her path. I feel unconquerable, you?

But back to the point, YOU are mission control for your brain. Everything you do and say, becomes your reality and here's the big catch...if you don't check yo self, you might wreck yo self. *Thanks for the wisdom, Ice Cube!* But not to worry, we will lovingly guide you through this. We've got you and even better, you've got you (giving you a big cheezy, but endearing, wink here).



## LET'S GET DOWN TO BUSINESS

So let's get started with a fun little exercise that doesn't include running or weights (at least not real ones). #yourewelcome You just have to be able to lift a pen...it's that easy. And here it is (drum roll please) I want you to JUST BE, that is, just be with your thoughts...for a day or maybe even longer if you have that kind of stamina. Anyways, start writing down whatever thoughts (mainly the negative ones) you say about yourself or others or a situation and write them all down...ALL of them. Write down the things that come out of your mouth as well as the things that don't, but run streaming in the back of your mind 25/8. Most importantly, be honest and don't leave anything out. And when you repeat a thought, put a tally mark next to it.

Now, prepare to be appalled. But don't get all judge-y with yourself. Most of these thoughts are just your shit-talkin', car salesman-y ego anyway and I'm here to tell ya that "your ego is not your amigo!" He / She is NOT in your corner, but rather has you backed into a corner like a scared little kitten. #meow I cannot emphasize how important it is that you do this. Seriously! No excuses, dammit, because we wanna see you have your Puss in Boots moment. And you will, but first you need to have an honest & humbling point of reference so you know the areas of your life that need the most love & improvement.

## TAKE ACTION

If you're not sure how to start, here's a few things you can ask yourself to get the juices flowing:

### BODY

*When I look in the mirror, do I like what I see?*

*In terms of my body, what do I think about it? Am I "phenomenal" or "needs improvement?"*

*What is the state of my physical health? How does my body feel?*

*How do I feel about the food I eat? Am I nourished and excited by it?*

*What is my posture like? Do I walk like I have the weight of a thousand monkeys on my back?*

*Are my breaths mostly shallow or do I have the breath of a dragon?*

### MIND

*What kinds of things do I say about myself? About others?*

*What kinds of things do others say about me?*

*How do I view the world? Is it safe or is it frickin' scary as hell out there?*

*Do I compare myself to others?*

*What kinds of things do I follow on Social Media or watch on TV?*

*What kinds of things do I worry about most?*

*How do I feel when I go to bed? Or when I get out of bed?*

*How's my confidence? Shaky or rock solid??*

*How do I handle adversity or confrontation?*

### SOUL

*How are my relationships w/ my family? My friends? Colleagues? Do I feel supported by the people in my life?*

*Do I have faith in the unknown?*

*Do I trust the process of life? Is my heart open or is it guarded as hell?*

*Am I creating a life that has meaning?*

*Am I the best version of myself? Could I be doing better??*

*On a 1 to 10 scale, what's my overall vibe? Am I a stale chip or a zesty Cool Ranch Dorito?*

## GET LIT

Ok, so when you're all done, go draw yourself a nice hot bath, pour yourself a glass of wine or tea or whatever blows your hair back, light a few candles, put on a soothing playlist, pop in a bath bomb & jump in already. And please! Be sure the candles are at your feet and not your head...trust me on this one. Once you're all relaxed and cozy, take your list and burn that shit in your sandalwood scented soy candle. You don't need it anymore. That was then & THIS IS NOW! You are ready to rewrite your new story, the best one yet. And you're finally gonna beat that little ego of yours into submission and show them who's boss. Now go turn on Meghan Trainor's "I Love Me" and dance naked around the house like the bright shining star you are! Let loose, sing your heart out, freak your kids or roomies out & let's get this party started!

## DAY 2 LET GO & LIVE

If it doesn't nourish your body or soul... Let It Go.

Have you ever thought about how much time you spend in your life forming attachments to things, people, thoughts, places, emotions or foods? A LOT! *#amiright*

While we need these connections & attachments to form memories, share relationships, & thrive in our reality— some of these attachments can be negative to our well being. They can take up residency within us, draining & overburdening our delicate nature. They cause us to suffer, (sometimes on a subconscious or molecular level) BUT can seem almost comforting to hold onto, for fear a void will be left if they are let go.

### BYE, FELICIA

Guess What? Your mind, body and soul are offering you a lifeline by encouraging you to let go of anything which is taxing you mentally, emotionally, physically & spiritually.

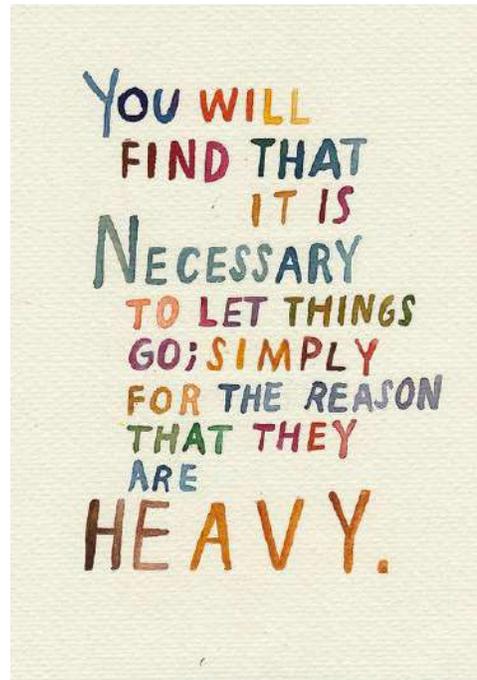
Take an inventory of your current circumstances & investigate those areas which cause you to be unhappy, unfulfilled, or have a repeated negative outcome or feeling. Write them down. They might be toxic relationships, food or drink that doesn't serve your body well, negative & hateful self talk, or unrealistic goals that leave you drained. *#aintnobodygottimefordat*

### TAKE ACTION

Today, respect yourself enough to let go of anything that does not serve you, grow you, or make you happy. Nothing around us is going to change until we have the courage to go deep inside, explore the negative attachments, and let them go.

### MIND

*Be Mindful & Awake.* One reason that our negative attachments can wreak havoc on us is that we aren't aware. We aren't taking inventory within ourselves to see how it serves us or makes us feel. We aren't paying attention. Wake up & connect in the moment. Does this serve me?



*Be Honest & Reflective.* An important part being mindful & awake in your day-to-day is to be brutally honest with yourself. Many of us float thru life suppressing our Truth and never admitting that something doesn't serve us well. To break old patterns, be honest. #toughlove

*Be Forgiving & Loving.* Once you've gotten honest, you can take any actions that might be necessary (such as apologizing or maybe showing yourself some love), and then it's time to let yourself off the hook. Self-forgiveness doesn't mean that you aren't taking responsibility for your actions, it means that you're acknowledging the fact that you're human, you've started to remedy the situation, and that you are now ready to LET. IT. GO. (*Let it goooo, let it goooooo! Can't hold it back anymore...!*)

## **BODY**

*Make Peace & Nourish.* Sometimes our negative attachments with our body & food start because we have been "fed" rules or lies that aren't part of Your Truth. Let go of words like: can't, shouldn't, tomorrow, right now, or only this & not that. Choose intuitively, consciously, and with love for what works for your body. Stop restricting & start nourishing. #eatrealfood

*Be Respectful & Honoring.* If something doesn't serve you, be respectful to your body. Honor the signs it is giving you. If you can't honor and respect yourself, dive into the why. What negative attachment is preventing this?

*Let Go & Have Control.* Although these seem to contradict each other, they are very powerfully connected. When your negative attachments have control of your body, they prevent you from seeing clearly & letting go. Also on the flip side, letting go of the desire to have complete control will help you take control in a better & more healthy way.

## **SOUL**

*Perfection & Overrated.* You're not perfect and never will be. But you are you. And darn it, you are amazing. Concentrate on how each thing is unique in the world. So miraculous just the way they are, and yet so simple. Perfection is overrated.

*Releasing & Negative Energy.* Release negative energy. Every. damn. day. Find the practice that gets the lead out. The negative floating high above & away. Walk. Write. Run. Meditate. Sing. Drive. Dance. Paint. Listen. Do it as if your spirit depended on it. *Hint: it kinda does.*

*Breathing & Letting Be.* "The breath can remind us of letting go & letting be. Every time we take a breath in, we have to let it go; otherwise there is not room for the next breath. Receive and then release...over and over. It is the natural rhythm of life. 'Letting be' is holding ourselves in the still place of acceptance, from which we can view our hopes, desires, attachments, thoughts and emotions. It is non-striving. It is engaging with the flow of life in the unfolding now moment, without grasping and thereby staying free. It is the mindful life of letting go." - John Bradshaw

## DAY 3

# ADD ON & AMPLIFY

New Years signify fresh starts. Perhaps wanting to change habits, add in new routines or focus on a specific word of intention to set the tone of the upcoming year that holds so much promise.

Resolutions, whether you make them or not, often have an “all or nothing” mentality that comes with them. *#guilty* We get motivated and inspired to bring about create change in our lives, and then as the days drag on after a few months, the significance of the New Year seems a little lackluster, and we push it to the side, often with a bit of shame or self-defeat, because we didn't “stick to it”.

### SHIFT YOUR THINKING

Rather than focusing on this all-or-nothing mentality, let's shift perspective just a bit. Let's not worry about radical shifts or actions we want to make, but in reality, might not be able to stick to in the long run. Let's take things slowly, one at a time. Almost like discovering a new found love, tending to it with care + excitement. *#swoon* Let's add more to our lives that bring us joy, and amplify the things we are already doing!

Adding, rather than subtracting, is such simple math, and yet we often focus on the things we only need to “subtract” from our lives. Quit this, cut out that, stop this, lose x...while the end of those statements might result in a happier and healthier you, they carry an air of negativity. So, with the same intentions in mind, let's flip these statements around and focus on the positive aspects they have to offer.

### TAKE ACTION

#### MIND

*Presence & Mindfulness* - Are you fully participating your life? Or are you vibrating at a lower frequency, just going through the motions? Add a daily mindfulness practice to your routine. Big or small, mindfulness can be whatever you want it to be, however it suits you and your mood. Meditate for 10 minutes every day. Step back from your computer every hour and do breathing exercises. Play your [favorite music to kick-start your day](#). Read a poem by your favorite author each morning. Add more things that bring you joy, inspiration, growth, creativity, and hope in your life. Start your day from a place of presence, rather than picking up your phone right away. Do something to get you into your body, into your life, into your heart, and into your mind.

#### BODY

*Nourish & Nurture* - Are you nourishing your body with the things it needs? Are you paying attention to when it needs rest? Rather than cutting the junk, for now, focus on adding more real food to your diet on a daily basis. The more often you add the good stuff, naturally the junk will begin to get crowded out, and you will feel so much better, both mentally and physically! Add more vibrant colors to your diet with real food, in comforting ways like soups and stews. Warming spices and aromatic herbs cleanse, heal, and revitalize the body from the inside out. Amp up your favorite dishes by substituting a few ingredients. Listen to your cravings. They could actually be a need for more vitamins or minerals you might be lacking. Add more self-care rituals into your routines. Massages, face masks, manicures/pedicures, lighting candles, epsom salt baths, coloring, sex *#bowchicawowow*, dancing, learning a new hobby, making comfort foods.

## SOUL

*Flourish & Thrive* - Create your Karma! You get what you give, so give love, gratitude + good vibes. Always remember the Universe has your back. You have the power to choose your experience, your reactions, your mindset, so make it positive. Take time to listen to your soul and tap into your intuition. Learn to trust that inner voice, and listen to it often. Bring yourself to experience wonder and awe as often as you can. Sometimes remembering how small we are in such a majestic and grand world can allow us to experience more gratitude and let go of the little things. Find a spiritual practice that speaks to you. It doesn't have to be formal, and it doesn't have to be "woo-woo-out-there". It can be nature walks and singing in the shower. It can be accepting compliments without negating them. It can be in witnessing the sunrise and the sunset each day. Find what fills your heart's cup, and continue to do that. Allow it to overflow so you can offer more of yourself to the world and those you love. #anyfellowshowersingersoutthere?



## DAY 4 REFOCUS & REPEAT

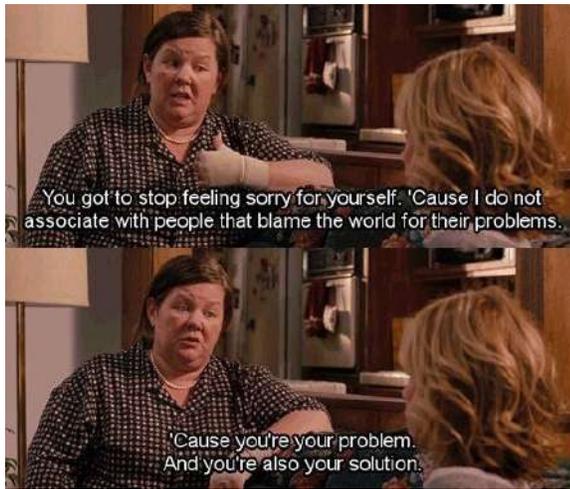
Have you ever had those moments where you're "in the zone," so to speak? Everything is jiving and you feel damn good. You're finally in a routine where you're meal prepping your Whole 30 meals every week, working out, sleeping good, pooping good, kicking boo-tay at work or school, your house is clean, the laundry is all caught up, you're finding your figure again, you're always in a great mood, you're having awesome hair days, your sex life is legit, and you are just a beaming ray of sunshine tossing confetti everywhere you go? Life is grand AND THEN...

You completely fall off your own bandwagon. The one you swore you would NEVER get off again. But life happens. Sometimes it's something big that plants you right on that fit little ass of yours and sometimes it's something as trivial as your mother telling you that she's disappointed in you for not going to church anymore and she worries that you're becoming a Satanist because you sage your house. One day, you're living the dream and the next...well, you're just having a big ol sucky pity party thinking that everything you did was all in vain. You round up all of your self-help & inspirational books and pathetically toss them in the recycle bin because what good did they do. You then proceed to the pantry where you break into the box of Pop Tarts you've been secretly hiding just in case, you throw a straw in a bottle of wine, plant yourself on the couch and binge watch two whole seasons of Shameless. Life just hurts all over and you get stuck in a state of overwhelm.

## BE YOUR MEGHAN

Which brings me to the movie Bridesmaids. Surely you've seen it and if not, well you are missing out. There's a scene where Annie (played by Kristen Wiig) has hit rock bottom and having her own pity party of sorts. Then Meghan (played by Melissa McCarthy) shows up, straddles her on the couch and starts slapping her like a maniac. She's trying to get Annie to get over herself and start fighting for her shitty

life. I laugh my ass off every time I watch it. Just go YouTube it now, “couch scene from Bridesmaids movie.”



We all need a Meghan in our life. She's our lifeline, our big wake up call or even our bitch slap in the face. Sometimes Annie and Meghan are the same person, if you're lucky. Audrey Hepburn once said that, "if you ever need a helping hand, you'll find one at the end of each of your arms." Haven't you ever miraculously pulled yourself out of a funk? I have, many a time. And if you feel more than stuck, like stucker than stuck or you're even feeling like you can't go on, I don't want to make light of that in any way. That's a serious condition and should not be ignored. Seek support right away from people you trust or a professional.

### **NOW IT'S LIKE THIS**

Ok, so you've fallen off the wagon and you can barely get up. What do you do? The very first thing is you extend grace to yourself. Have a mantra ready for this very moment. I have one I borrowed from Chelsey Korus, "*Now, it's like this.*" The goal isn't perfection, the goal is to live the fullest expression of who you are and who you are is pure light. By being who you are, you give others permission to do the same. I'm pretty sure Marianne Williamson may have said that, but don't quote me on it. But just remember, even the brightest of lights can cast the darkest shadows. Let your body, mind & soul guide you back to your true self. Use this guide and start over from the very beginning if you have to, go grab one of your favorite books still sitting in the recycle bin and reread it, meet up with a friend who makes you laugh or one that bitch slaps you back into the zone, go for a walk outside, shave your legs, color your hair, do anything that makes you feel even a teensy-weensy bit better. And eventually, you'll be back to throwing confetti and annoying the hell out of everyone with your enthusiasm!

## **DAY 5**

### **WABI SABI & I LOVE ME**

*"There's a crack in everything. That's how light gets in." Leonard Cohen*

We live in an era which rustic & artisanal goods or products are aspired. An old chair, a vintage dress, a piece of wood furniture. "They don't make them like they used to..." resounds & fulfills our need for older more experienced things (not to mention the drain on our dollars), promising better quality & wisdom built within. A crack or wear & tear is seen with desire, reflecting its goodness, value & beauty.

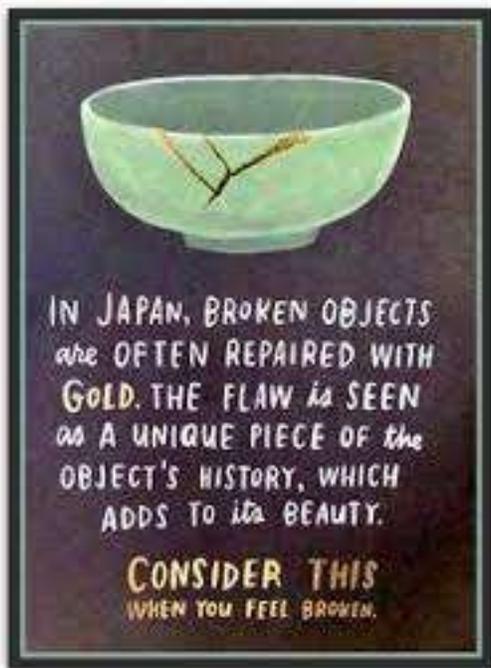
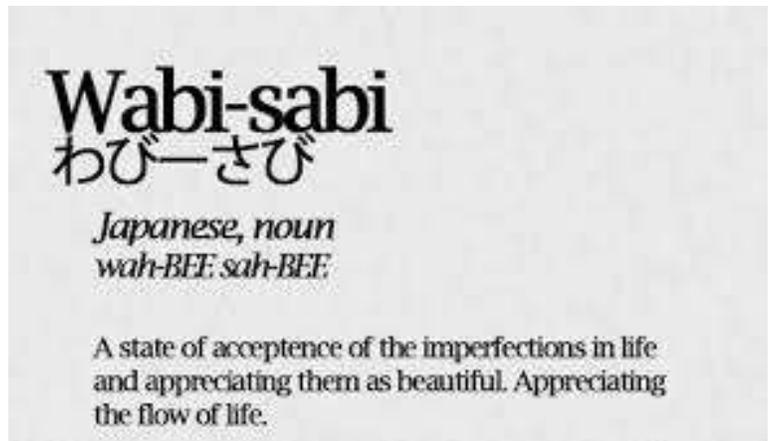
### **EMBRACE YOUR FLAWS**

Wabi-sabi, an ancient aesthetic philosophy rooted in Zen Buddhism, (particularly fixed in the tea ceremony which included several cracked bowls & tea vessels) concentrates on a ritual of purity & simplicity with beauty in imperfection.

This philosophy celebrates beauty in what's natural—flaws & all. It stresses that change is the only constant, and fighting the natural progression of life goes against our true cause. And just like our love for vintage... The rustic or artisan good is prized because of (not in spite of) the age & cracks displayed.

On the other side of the spectrum, coexisting in the same world, the cosmetic & beauty industry scream a different tune. A wrinkle or flaw is undesirable, body parts can't be too big here to too small here. Staying young, & fighting all your problem areas into submission are the norm. No vintage or rustic beauty allowed. Only smooth finish. This flip side of fighting can create resistance within us, expressing to our spirit that we are fighting the age & wisdom that we have experienced.

The founding principles of wabi sabi were meant to extend to all aspects of life, so my challenge to you is to embrace the vintage, cracked, wrinkled & rough aspects of our lives and beings. Tell yourselves that you love your imperfections & wisdom that comes with the change in our life.



## TAKE ACTION

### MIND

*Wabi & Sabi.* The word meaning "wabi" is simplicity, whether elegant or rustic; "sabi" means the beauty of age & wear. Adapting these principles can be beneficial in your thinking, living & loving yourself. Where does your mind become judgemental with perfection involving yourself? Do you feel as if you love yourself for you?

*Conflict & Pretensions.* It was custom in Japan and in the wabi sabi tradition when warriors entered the teahouse they would leave all conflicts & notions behind. For the time, the focus would be on celebration of the differences, the imperfections, and the beauty contained within. We sometimes need to embrace this aspect in our relationships. Imperfect, mortal, unfinished, different. We don't have to change who we inherently are to be in a relationship of this nature.

*Acceptance & Leaving Perfection.* Just like a wabi sabi home is full of rustic character, charm, & things that are uniquely yours — things that give you good energy & vibes...such is our lives

and surroundings. Concentrate accepting the world as imperfect, unfinished, & flowing. Go deeper in this concept and celebrate leaving perfection behind.

### BODY

*Natural & Simple.* Part of the wabi sabi approach is training ourselves to appreciate the simplest things in life & using them to engage our senses. Food should be simple & whole, not necessarily the biggest,

perfect or flawless in nature. Support the small farmers, grow your own garden. Embrace the colorfulness & asymmetric nature of food, and how the spices & tastes excite the imperfect palate of different people & preferences. Appreciate the imperfect goodness & attention you give to your body with the mindful choices and the way you eat. The explicit way you honor & teach yourself is to be revered.

*Aging & Attention.* Cultivating wabi sabi beauty is to embrace & appreciate the process of aging. It is not about giving up self-care, which needs attention & presence in your life. The Japanese tea masters took unparalleled careful care of their tea pots and cups, cracked & imperfect as they were. They honored them. Likewise, you can pamper your body without nipping, tucking & forcing it into submission.

*Embrace & Shine.* True beauty, in a wabi sabi sense, is about taking care of yourself, embracing the way you were made, & shining thru the age & wisdom that you have obtained. Stop obsessing over every wrinkle, freckle, or gray hair, and become fully engaged with the world & the natural beauty you have been presented. Embracing our true beauty gives us real charisma and beautiful character.

Examine your arsenal of products targeted to your every perceived flaw. Toss them & let freedom ring. Stick to a few tried-and-true favorites that honor you, your body & make you feel beautiful. Get rid of beauty clutter and embrace the simple. When you shine through naturally, that's beautiful.

## SOUL

*Humble & Wise Virtues.* In the wabi sabi tradition, following a humble & wise path is key to peace & unconditional love (and loving yourself). These are high priorities, because peace & unconditional love (& truly loving yourself) are part of the path to enlightenment. Hence, telling yourself & your spirit... "I Love Me" can become a mantra that just in itself can change your virtues and values in life. Try it. :)

*Align & Deepen.* Aligning with Your truth & keeping your spiritual practice simple can deepen your soul. If you are constantly fighting time, age, wisdom, it will fight back with a shallow and brutal force. Find a simple practice, such as daily meditation, scripture or poetry reading, or sitting in nature. Commit to it for 30 days. The simpler the better.

*Loving & Changing.* According to the Zen tradition, change is the only constant, so you must embrace the change that occurs with each phase of your life. Make a list of things that are changing in your life now. Next to it, write one reason why your thankful for the change (even if your not). This conscience shift in mindset will help you embrace the changes that occur naturally, embracing the wabi sabi & I Love Me shift in your spirit.

# DAY 6

## MANTRAS & MINDSET

### MANTRA

*noun* | man tra | 'män-trə

**1 : a sound, word, or phrase that is repeated by someone who is praying or meditating**

**2 : a word or phrase that is repeated often or that expresses someone's basic beliefs**

We live our lives by a certain mantra. They define us, propel us forward, and bring us hope.

To me, the ampersand is the unifying object that holds the two things together that matter most in my life:

**Nourish & Namasté** : nourishing the mind, body + soul, and bringing peace into my life + sharing it with others.

The "&" represents my personal mantra. So, what is the mantra for 2018 that you'd like to live by?

### **Is it two words that:**

...carry you through each day (*especially the tough ones*)?

...inspire you to become the person you want to be?

...bring you to the present moment anytime you get stuck in your head?

### **TAKE ACTION**

Take the time to reflect over the things you want to bring forth or focus on during the upcoming year. Reflect on each area of your life, MIND, BODY + SOUL, and the two words for each that you want to sum up your mantra for 2018.

**MIND** could be all about managing stress, mental health, self-talk, business goals, action/reactions.

*For example:*

**BODY** could be your health and wellness goals, nutrition, workouts, self-care, self-love, fashion, lifestyle habits.

**MIND** - presence & clarity

**BODY** - strong & bendy

**SOUL** - love & expand

**SOUL** could be your personal spiritual practice, your passions, things that you do for only YOU, the things that bring you joy to create.

If you have a hard time coming up with words, brainstorm all of the things you want to feel/experience that bring you joy, make you feel healthy, and connected to your best self. Heck, if you are feeling super inspired, pull out the thesaurus, too! Then from there, you can pair up words that best fit each area of your life.

Post these words on your bathroom mirror, in your car, on your nightstand, on your fridge door, on the background image of your phone... wherever you want, so you can be consistently reminded of the things you want to bring forth in each area of your life for 2018. You will want to especially return to these words when you encounter troubling moments in life, or feel tempted to act in a certain way that you know doesn't bring you joy or fulfillment. When raised with a difficult situation or decision, begin to ask yourself, "What reaction or choice will make me feel " X & X" (your specific words) so that I can lead my life in the direction I desire. Does this help or hinder me and the pursuit of living a life of "X & X?"

## **DAY 7**

### **CELEBRATE YOUR LIFE**

Whether you make New Year's resolutions, pick a focus word for each year, or don't do anything for the New Year, if anything, we want you to celebrate your life! Another year, another journey around the sun. The winter brings the darkest of days, and is a beautiful reflection of the inner journey we experience as humans. We can hit rock bottom, fall into the pit, face our deepest fears, lose everything, and yet, we come out on the other side, stronger and brighter than ever before. In nature, the Winter Solstice (the darkest day of the year) is celebrated by many cultures around the world as the beginning of the return of the sun, and darkness turning into light. It signifies the pivotal point of hope for warmer, longer and happier days ahead. But we must first face and wade through the cold darkness to get there. Just like the seasons, our journeys are cyclical in nature, often returning to moments of trial and resurrecting moments of joy.

So, whatever personal trials you may have experienced in the last year, or perhaps you are still drudging through them, know that you WILL make it out on the other side. There is so much to be grateful for, so much to celebrate, and so much ahead.

**YOU DID IT! LET'S CELEBRATE!**

Way to work! We know taking the time to truly reflect often brings up the tough stuff. But facing it head on, letting it go, claiming your desires and celebrating every win along the way is well worth the effort. Why? Because YOU DESERVE IT. Hell yeah, you do! Pop some champagne, throw a party, cook your favorite meal, call a friend, write a love note, or just have a solo-dance party with your bad self.  
*#alloftheaboveplease*

**Join us for an Instagram LIVE @nourishandnamaste January 14th at 11am CST!  
We will be celebrating the end of our intention challenge with a fun GIVEAWAY!  
Post on social media with the hashtag #NandNintentions! We'd love to see them!**