

I choose me

Practice 1:

Slow Shoulder Roll

Inhale, lift one shoulder.
Exhale, roll it back and down.
Repeat on the other side.
Move slowly. Breathe deeply.
Come back to you.



Affirmation:

I honor my body.
I choose me—every day.



I move with purpose

Practice 2:

Lift your chin,
open your hands.

Repeat three times.
Notice your posture,
breath, and the shift
in your mood.



Affirmation:

I walk in alignment.
I move with purpose.
I create my path.



I am safe in myself

Practice 3:

One hand on your chest,
one on your belly.

Breathe in slowly.
Breathe out and soften.
Repeat three times,
letting your body
receive the words.



Affirmation:

I am safe.
I belong to me.

