

The logo features the word "EMbody" in a bold, sans-serif font. "EM" is in yellow, and "body" is in black. Below "body" is the text "by Lo" in a smaller, black, lowercase font. The logo is partially enclosed by a black triangle with a yellow outline, which is tilted and overlaps the text.

EMbody

by Lo

WEEK 6: JOURNAL PROMPT

Journal: How has your self-trust been diminished? What small daily promises can you set that will move you towards your intention/ideal reality?

This Week's Reminders:

- Continue the practice of consciousness: observing your thoughts and shifting to empowering thoughts and beliefs.
- Love your body through movement!
- Journal from your soul!