



EMbody

by Lo

WEEK 12: JOURNAL PROMPT

Journal: Define what embodiment as a lifestyle means to you. Decide what you want to embody next, and write your game plan.

This Week's Reminders:

- Use your meditation as a part of your "embodiment game plan."
- Use your fitness programming to practice the physical elements of embodiment.
- Use your journal prompt to tap into your spirit, and see what your spirit wants to embody.