

The logo for 'EMbody by Lo' features the word 'EMbody' in a large, bold, sans-serif font. 'EM' is yellow, and 'body' is black. Below 'body' is the text 'by Lo' in a smaller, black, lowercase font. The logo is set against a white background with a yellow border. A black triangle with a yellow outline is positioned behind the 'EM' part of the logo.

EMbody

by Lo

WEEK 8: JOURNAL PROMPT

Journal: Define empowerment, and what it means to you. What does it mean for you to live an empowered life? And what does that life look like?

This Week's Reminders:

- Continue to practice consciousness daily, and choose empowerment.
- Physically FEEL empowerment as you move through your fitness programming.
- Use your journal practice to embody what empowerment means to you.