

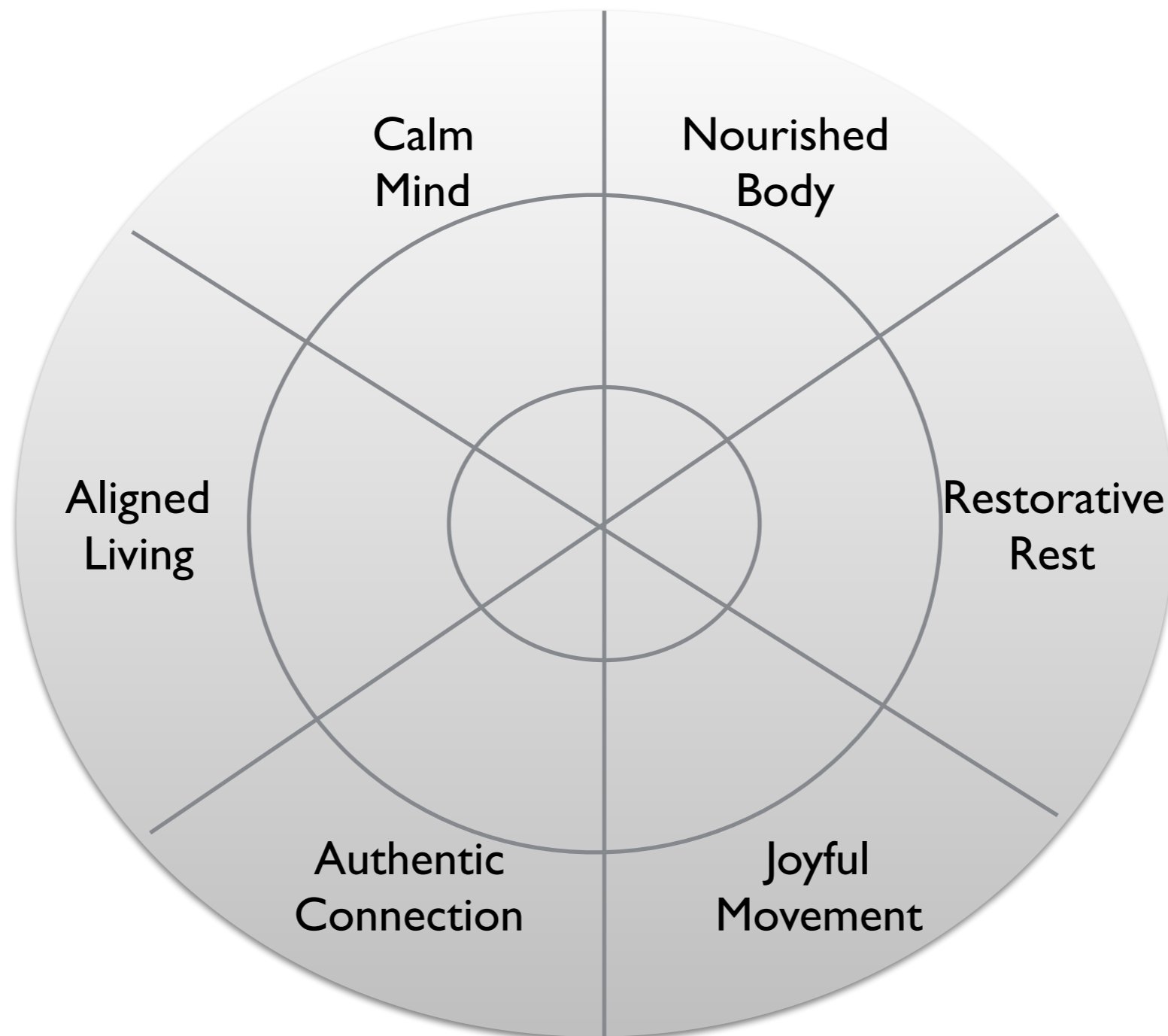


Design your
Master Self Care Plan
for a
Thriving 2016

With Lisa Grace Byrne, MPH

Founder of WellGrounded Institute

The 6 Pillars



Check In

Calm Mind

Joyful Movement

Nourished Body

Authentic Connection

Restorative Rest

Aligned Living

Why does self care matter to you?

What could true, vital, life-giving self care add to your life?

Why do YOU fail?

Which of the four reasons we explored do you feel **most often** is the reason you don't achieve your wellness goals?

Tools for Hydration

Choose 1-3 tools that you'll explore this week with the goal of staying hydrated every day.

1.

2.

3.

Replenish 365 takes these exact principles and creates a simple process over the course of a year that will help you:

1. Understand your own body, mind, moods and well-being more deeply than you've ever known before (Smart)
2. Identify smart goals for how you want to feel in your body, mind and mood (Simple)
3. Learn a specific tool every week toward those goals (Small)
4. Begin to layer and deepen your self care practice so that it becomes a vital way of life (Steady)
5. Support you every step of the way so you can continue to come back to your own center and experience real momentum and growth (Support)



The Inner Circle Invitation

You are invited to
join me for an
extraordinary year
learning together,
growing together, and
deepening the ways
you understand
yourself and care for
yourself in **powerful,**
life-changing ways.



www.Replenish365.com