

Good morning beautiful!

How do you feel?.....

.....

Did you dream?.....

.....

.....

What's on your mind?.....

.....

Which emotions come up?.....

.....

Who are you today?.....

.....

Where are you in your body today?.....

.....

What feels weird?.....

.....

What feels delicious?.....

.....

*And now stretch deliciously, breathe deep, laugh and roll through your bed
... until you are ready for your amazing day ahead!*