May Motivation

BECAUSE WE ALL DESERVE A GORGEOUS LIFE

Let's Journal Together

Reflect on a time when you felt truly joyful and content.
What colors were present in that memory? Describe the shades, hues, and why they might have contributed to your sense of happiness in that moment.How do you incorporate it into your current life?

1

Let's Journal Together

Reflect on the various activities and experiences you hope to cultivate in your kitchen space. Do you want it to be a lively gathering place for friends and family? A serene oasis for mindful cooking? A vibrant hub for culinary creativity? Based on the energies you associated with different colors, which hues might best align with and support your intentions for your kitchen?

2

Let's Journal Together

Consider how the colors of fresh produce shift with the changing seasons. During spring, you might find yourself drawn to the tender greens of asparagus and the delicate pinks of rhubarb. In summer, juicy reds of tomatoes and deep blues of berries may call to you. Reflect on how your body might crave different colors and their corresponding nutrients as the seasons change.

3

Let's Journal Together

Think about specific color combinations that you find particularly energizing or appealing. Perhaps it's the vibrant pairing of deep green spinach and ripe, red strawberries. Or the striking contrast of orange sweet potatoes and rich, purple beets. Describe these color combinations and how they make you feel when you incorporate them into your meals.

4

Let's Journal Together

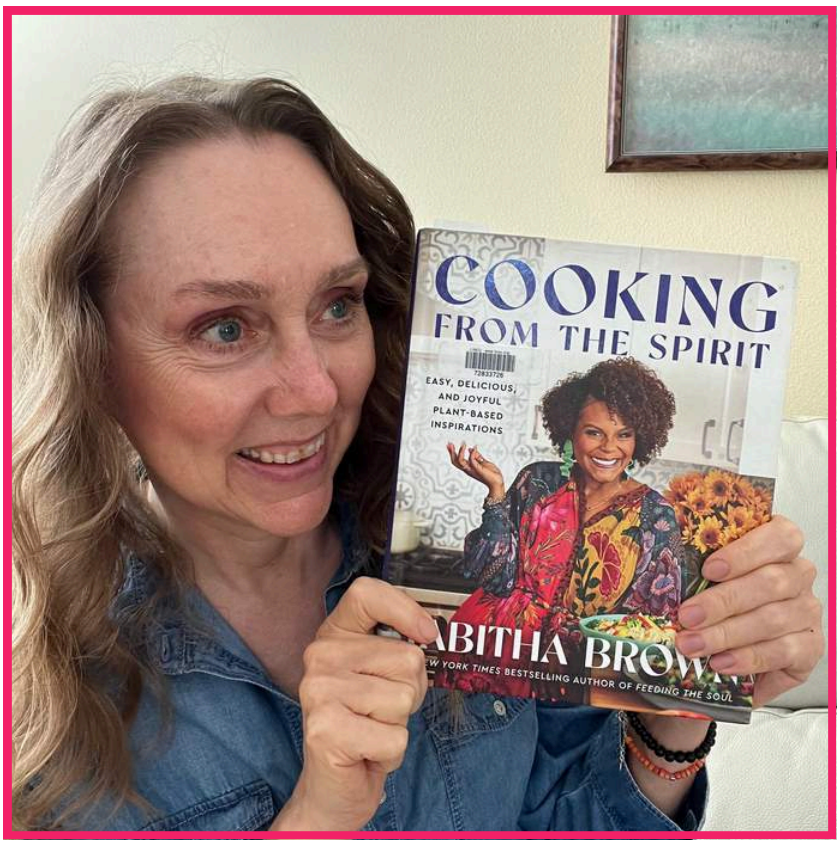
Challenge yourself to experiment with a new, boldly colored ingredient each week – something you may not typically incorporate into your meals. Document your experience with this new addition. How did it make your plate more visually appealing? Did you notice any differences in your energy levels or overall sense of vitality after incorporating this vibrant food?

5

Gorgeous WELLTH

join me ...

The MAY Cookbook Club!



let's make cooking joyful this year

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