

A photograph of a porch railing with a string of autumn leaves and a potted plant, with a house in the background.

# September Motivation

BECAUSE WE ALL DESERVE  
A GORGEOUS LIFE

## Let's Journal Together

Imagine your ideal state of wellness five years from now. What specific habits, practices, and dietary choices are contributing to this vision? How can you start implementing these now?

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## Let's Journal Together

Reflect on the interconnectedness of your physical, mental, and spiritual health. How does your plant-based diet support each of these aspects? Are there areas that need more attention?

2



## Let's Journal Together

Reflect on your social connections and support system. How have they evolved with your plant-based lifestyle? Write about ways to nurture relationships that align with your wellness values and how to navigate potential conflicts or misunderstandings about your choices.

3

## Let's Journal Together

Reflect on your daily rituals and routines. How do they support or hinder your wellness journey? Design an ideal day that fully aligns with your plant-based and holistic health values.

4

## Let's Journal Together

Analyze your relationship with nature. How does it influence your wellness journey? Explore ways to deepen your connection with the natural world and how this might enhance your plant-based lifestyle.

5





join me ...

# The Cookbook Club!

SEPTEMBER



*let's make cooking joyful this year*



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