

# WAKE UP WELLNESS BUNDLE

## JOURNAL PROMPTS

- Take care of your energy. What is one area of your life right now that you could let go of that holds stagnant/negative energy?
- What would you do if you had no limitations? Would you challenge your boundaries? Could you surrender your ego and remove your fears?
- What's one way that you can get out of your comfort zone this week?
- Visualize your highest *Self*...what does that look like? How does it feel?
- I honor my *Self*(with a capitol S) when...

## ENERGIZING YOGA FLOW

[linked here](#)

## MORNING MEDITATION

[linked here](#)

## MY GO-TO MORNING SMOOTHIE

- 1 cup frozen mangoes
- 1 frozen banana
- 1 cup power greens
- 1" chunk of cucumber
- 1/2" chunk of ginger
- 1 tsp of spirulina
- 1 medjool date
- Dash of cinnamon
- 2 cups coconut water
- 1 scoop plant based vanilla protein \*optional\*
- 1 scoop collagen \*optional\*