

MONTH ONE

MEDICINE, MOTHERHOOD, AND MAGIC



# THE BASICS

*Welcome to week one*

## CLEANING OUT YOUR THOUGHT CLOSET



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WEEK ONE

# THOUGHTS CREATE FEELINGS

What are three recurring thoughts I've had this week, and how do they make me feel?

When I feel stressed or overwhelmed, what are the thoughts running through my mind?

What is one thought I could practice that might create more peace or joy in my day?

What is a positive feeling I want to cultivate more often, and what thoughts might support it?

What is a small win I experienced this week, and how can I celebrate it?