

# STAY ON TRACK

## female style

1. Uplifting others = Uplifting yourself
2. Be grateful = positive mindset
3. Set intentions = clear focus
4. Sharing achievements = connect
5. Emotional cleansing = stay strong
6. Movement = digest life
7. Spiritual rituals = give up control
8. Wellness activities = stay healthy
9. Self-pleasure = fill your cup
10. Kind wishes = create good vibes
11. Tidy up = let go bad stuff & folks
12. Create your network = get support
13. Partnertraining = give & receive love
14. Gifts to strangers = be selfless
15. Manifesting desires = create life



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TIPPS AND TRICKS

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