



HOT GIRL
Healing
SUMMER
Retreat

WORKBOOK

DAY 5

Sista Sutra

by Chanel Caldwell

DAILY SELF-CARE TRACKER

DATE: _____

(S) (M) (T) (W) (T) (F) (S)

MOOD:



TODAY'S GOALS



MY PEACE:



AFFIRMATION



REMINDER TO:



EXERCISE:



TOTAL MINUTES:	
ACTIVITY	

INTRUSIVE THOUGHT REFRAME

NEGATIVE

POSITIVE

NEGATIVE	POSITIVE

TODAY'S INTENTIONS

WATER INTAKE:



MEAL CHOICE:

BREAKFAST: GOOD/ BAD <input type="radio"/> <input type="radio"/>	LUNCH: GOOD/ BAD <input type="radio"/> <input type="radio"/>
DINNER: GOOD/ BAD <input type="radio"/> <input type="radio"/>	SNACKS: GOOD/ BAD <input type="radio"/> <input type="radio"/>

SPIRITUAL PRACTICE

JOURNAL PROMPT

COMPLETE	YES / NO <input type="radio"/> <input type="radio"/>
TIME COMPLETED	:

TODAY I AM GRATEFUL FOR:

AFFIRMATION/ VISUALIZATION

MEDITATION



COMPLETED	YES / NO <input type="radio"/> <input type="radio"/>
TOTAL MINUTES:	:

S.H.E THRIVES

The Heart Detox helps women who've been mistreated, taken advantage of, lied to, and betrayed, in toxic relationship patterns, recover from past pain, resentment, and anger, so they can build a healthy relationship with themselves and others. This program helps them achieve inner peace and fulfillment within themselves, without needing to settle for less, sacrifice your own happiness, or hide your true self.

Toxic Tracker

Toxicity Tracker will help my customers recognize and understand what is acceptable and unacceptable treatment in a relationship, and how to spot the signs.

The Think Tank

The Think Tank will help you be able to understand the aftermath of your past experiences deeply, and how they have truly affected you.

Know Thyself

Know Thyself will help you discover your strengths, values, and identify your limiting beliefs.

I Love Myself

I Love Myself will help you develop self-love, self-worth, and self-trust, with daily mind, body, soul, and energy care.

Healing Blueprint

Healing Blueprint will help you heal emotions, release trapped energy, and pain from the past, using Quantum Hypnosomatics.

Dream Machine

Dream Machine will help you visualize dreams and goals, release limiting beliefs, so you can truly believe in and anticipate your future reality.

Divine Skill Creation

Divine Skill Creation will help you gain new skills in communication, boundary setting, and self-connection.

Big Queen Energy

Big Queen Energy will help you build self-confidence, self-worth, and self-trust through Quantum Hypnosomatics.

Connecting The Dots

Connecting the Dots will help you take small steps toward forming healthy new relationships through repetition and practice in your daily life.

Embody the future

See It, Believe It, Heal the Past

DON'T DELAY!

If you want to get crystal clear on the EXACT STEPS you should be taking right now to achieve your goals of healing the past to attract the life and love you desire, then book your free call at the link below...

