

< Reminder

⋮ Done

4 tips to end the last 90 days of the year with intention 🚀 ✨ 🎯

Observe the cycles of the season 🌿

Just like nature takes a breather during fall and winter, it's time for us to hit the pause button too.

Practice gratitude and receiving 🙏

It's more than just saying thanks; it's about opening ourselves up to receive everything we've worked hard for this year.

Prioritize rest over action 😴

Nature slows down, and so should we. Instead of chasing endless to-dos, it's time we embraced rest.

Embrace emotional wellness 🧘

The holiday season often stirs up emotions, and the reduced daylight can affect our mindset.

Elevated Life
EPISODE 150

Romantasy S Last 90 Days Tutorial

J Spring



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