

Faux Practice Sheet

1. **Luminous**

Luminous

Luminous

Luminous

2. **Wonder**

Wonder

Wonder

Wonder

3. **Sparkle**

Sparkle

Sparkle

Sparkle

Faux Practice Sheet

1. stay humble

stay humble

2. be fearless

be fearless

3. rise up

rise up

Faux Practice Sheet

1. Live life with purpose

Live life with purpose

2. Stay true to yourself

Stay true to yourself

3. Trust the timing always

Trust the timing always

Flourishing Practice Sheet

1. Cherish

Cherish

Cherish

Cherish

2. Gentle

Gentle

Gentle

Gentle

3. Thrive

Thrive

Thrive

Thrive

Flourishing Practice Sheet

1. hello sunshine

hello sunshine

2. Good vibes

Good vibes

3. shine bright

shine bright