



FEMCITY®

WELLNESS + GROWTH

Created w/ love + prosperity vibes for you
by Founder of FemCity® Violette de Ayala

LET'S TALK ABOUT USING THIS MONTH TO CONNECT TO YOUR HIGHEST WELL-BEING

What areas of your wellness need attention?

Why have these areas been neglected?

Why does this component seem to be so out of control? [Note 5 reasons]

- 1.
- 2.
- 3.
- 4.
- 5.

LET'S CREATE A PLAN FOR YOUR WELLNESS

Think of what you noted above. List three action steps you need to take in order to make the needed changes for your optimal health and wellness.

- 1.
- 2.
- 3.

How will you hold yourself accountable to take on the action steps you noted above?

How will you feel once you've become more connected to your well-being?

What are other areas of your life that need a wellness check-in? Finances, relationships?

HOMEWORK: Take the steps above and start with one area. Once you have that grooving, take on another wellness edit.

