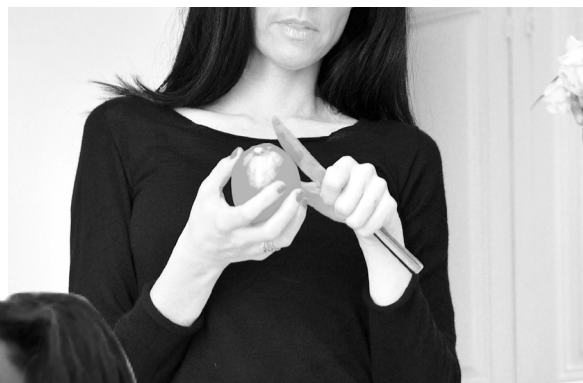


DAILY REQUIREMENTS

These are your daily requirements. We suggest you do these small activities every day to honor your FemmeTypes™ and continue to stay open to your next level.

Giving yourself permission for these activities will begin to ignite your FemmeTypes™ in your life.



HOT WATER WITH
LEMON



RAW CHOCOLATE

STRETCHING

FOR MOMS ONLY:
2 UNINTERRUPTED
SHOWERS OR 1
UNINTERRUPTED
BATH EVERY WEEK



WALKING FOR AT
LEAST 5 MINUTES

