

Michelle de Matheu

The Mind, Body & Soul Stylist

Boost your confidence

I AM SUPPORTED AND GUIDED BY THE UNIVERSE. MY OUTER WELL BEING IS MATCHED BY MY INNER WELL BEING. I AM TRULY TAKEN CARE OF.

WRITE YOUR STATEMENT AND YOUR WHAT, WHY AND HOW.



MY WHAT

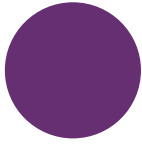


MY WHY



MY HOW

List at least 3 ways you can strengthen your four bodies



MIND



BODY



EMOTIONAL



SPIRITUAL
