



Reclaim My Resilience

1: **Re-frame:** "It's not me, it's Limby!"

2. **Release:** Make a goofy noise + complete a motion of what Limby feels like in this moment.

3. **Activate Pary:** Take 10 deep breaths with feet on floor + hands on belly.

4. **Align:** What does your best-self look like? Feel like? Sound like? What is she wearing? Close your eyes + connect with a 1 minute visual of this person.
SAY who you truly are. "I AM..."

@myvitalside