

### Module 3: Succeeding Through Failure With Mindfulness

Snapshot: Stay encouraged my friend! Think of building your Morning Ritual like building a muscle. The more you work it, the stronger you get. This week, we'll power up with some mindfulness techniques that are sure to keep you moving forward to your lifestyle goals. Press play and let's jump in!

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Lesson 01: Encouragement

Lesson 02: Mindfulness Techniques

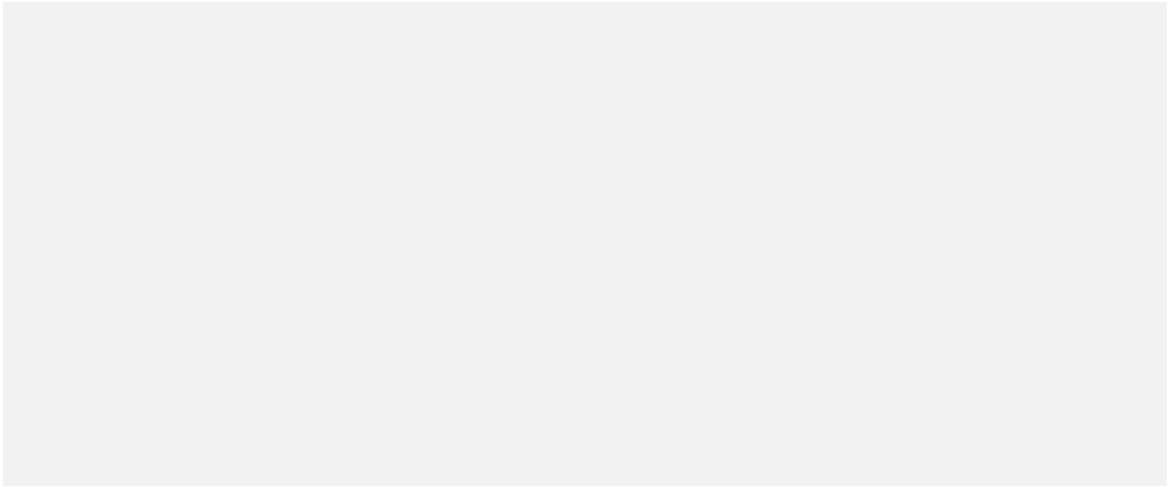
#### Week 2 Group Discussion Topic:

Post your fav mindfulness technique for overcoming setbacks and getting back on track in the FB Group.

#### Action Items:

- Listen to W4B Podcast
- Tune in for the Prayer Audio
- Yoga Demo: Warrior I Pose, Cat Cow Pose, Legs-Up-The-Wall Pose
- Guided Meditation Audio

### Module 3: Succeeding Through Failure



#### Why is this important?

When you intentionally set the tone for your day, you are better equipped to make healthier lifestyle choices.

