

I Don't Sweat I Sparkle Bundle

ARTKIT-K1007-00599

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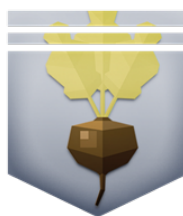
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Papers



Embellishments





TRANSformation

CAN'T WAIT TO SEE the new ME



Just do it



SUCCESS IS NOT AN ACCIDENT

LOOKING TOWARDS THE HORIZON

> POSITIVE CHANGE <

MAKING GOOD CHOICES

#HEALTHYLIFE

VEGETABLES VEGGIES VEGETABLES

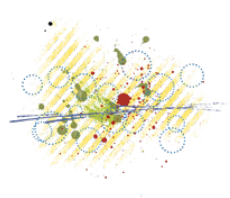
10,000 STEPS



Really BELIEVE in yourself.



Dear self: TODAY you will Shine!



you are PERFECT just the way you are.



Beauty is the LIGHT in your heart.

NO ONE SAID would be easy -but- definitely WILL BE WORTH IT

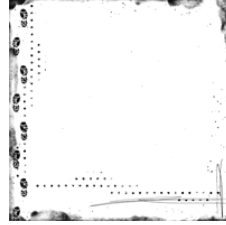
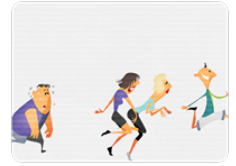
I MAY BE A
consistent
DIETER
- but -
NOT ALL THE TIME



SHOW YOURSELF
-- THE --
love
YOU GIVE
others

GOALS

- eating healthier
- drinking more water
- working out
- taking deep breaths
- daily meditation



just run

Committed TO THIS
Runner's high Hydrate

MI
LE
ST
ONE
THIS IS A BIG DEAL

ONE Step at a TIME

Pinner Peace

making progress

GOOD
THINGS
COME TO
THOSE
WHO
SWEAT

You Got this

askin8 Better things

just do it

Its not a
diet,
its a
lifestyle

i don't
sweat
I sparkle

the body
achieves
what the
MIND
believes

I can &
I WILL

sym
hair
don't
care

Sweat, Smile, repeat

quarantine 15

exercise
with
heart

nothing
will work
unless
you do

AlphaSets

