

SENSUAL WOMAN MANIFESTO

She nourishes herself with real food and movement.
She takes her health seriously. And her life.
She invests in herself because she believes she is worthy.
She lives, loves, laughs.

Laughter and food are the best medicines.

She does what it takes to turn her dreams into reality.
She strives to be better because mediocrity is not good enough.
She believes she deserves success and happiness.
And takes action to make it happen.

Live in the moment.

She is no longer a curious child
She is a sensual, empowered woman
Who leads a rich, fulfilled life.
She knows her health means hope. For always.

Learn more. Travel more. Do more. Be more.

She is strong when everything seems to go wrong
She chooses self-worth over shame.
Self-love over guilt.

She moves, she sweats, she eats.
She nurtures her creativity and passion.
She seizes opportunities today. Not tomorrow.

Life is short.

She has peace with her body.
Freedom from food.
She is beautiful because she is filled with joy. From the inside out.
She knows she is more than the skin she is in.

Be your own hero.

She takes the best care of herself. Forever.

