

**I invite you to take a moment right now and stop.**

Take a deep breath and appreciate the majestic intelligence of your body!  
Bring to mind the millions of tasks running flawlessly to keep you alive and humming.  
Our bodies are a true gift, one that contains infinite wisdom that we truly can learn to access.

**ARE YOU LISTENING ... Find out, by taking *The Body-Vitality Survey*, [Here](#).**

- Your intuition, resides within your body
- Your infinite power resides within your body
- Your ability to love and serve is unleashed fully through your **BODY**

So how much vitality do you feel in your body? Imagine standing in front of a full-length mirror. On a scale from 1-10.

The number 1 being the worst number - Tense, heavy, blocked and very unhappy about your body. The number 10 being the best number - Vibrant, joyful, flourishing and full of vitality!

Write down your number here 1-10: \_\_\_\_\_

Keep imagining your body, what things about your body, or health do you spend time thinking about, or worrying about? Write down 3 things below ...

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Now imagine how you would love to feel in your body?**

Write down 3 ways you would love to improve your body, energy, or movement below ...

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_





Now ... If you had a **SIMPLE** yet highly effective, proven way to help you reach those goals how might that change your life for the better?

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How much more confident would you actually be? Twice as confident or more?

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How will your health and wellbeing improve? Be specific.

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How will it positively impact your relationship with yourself, your loved one's and your work in the world?

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## You really can THRIVE in your body!

Here are 3 TOP ways to release tense blocked energy ... And increase Vitality Freedom and Joy starting TODAY! When you find yourself in a spiral of negative energy, thoughts, or feeling.

### Practice the STOP, DROP, and ROLL Body-Vitality Technique

#### 1. STOP:

**A - Push the pause button** and notice what you are thinking about.

**B - Realize you have control** over your thinking, and your perception of this situation. You can choose to respond, as apposed to react.

**C - Practice gratitude - "Positive Thinking"**. Remember something you are grateful for right in this moment. Ask yourself how you might feel about this when you are 95. Shift your perception. What would your "imagined" wise elder self, tell you about the situation? You might be surprised at what you hear.

#### 2. DROP:

Drop what you are move from your head to your heart, into your body, and take a "Full Body Deep Breathe & Relax". Breathing in through your nose, out through your mouth. Feel the stress leaving your body when you exhale and feeling lighter and more relaxed with each inhale.

#### 3. ROLL:

De-stress your body by rolling and stretching your joints starting with your head and neck, then proceed down your body like a cascading waterfall. Roll your shoulders and arms, torso, hips, knees and feet. Then you can shake your body out like an old dusty rug. Lean forward and let your head drop forward and your upper body dangle and shake like a rag doll. Shake it ALL out. If you turn on some music, even better – **You can actually turn the bouncing and shaking into a DANCE!** Even 5 minutes of positive thinking, deep breathing, stretching, bouncing, and dancing can **GREATLY** decrease your stress, and tremendously improve your mood, increase your energy, and **JOY! TRY IT!**

**The Day is YOURS ... You get to decide how you feel, and how you live. Life is a dance, live it FULLY!**

**Here's to less stress, greater JOY, and more Dancing!**

*Jennifer Joy Jimenez*

