WELCOME TO OUR FEBRUARY TONE-IT-UP CHALLENGE

TO A BEAUTIFUL SOUL WITH THE BIGGEST HEART

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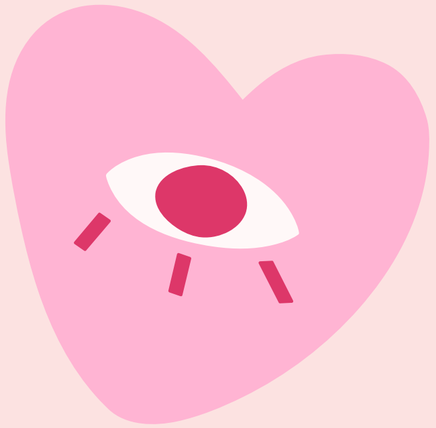
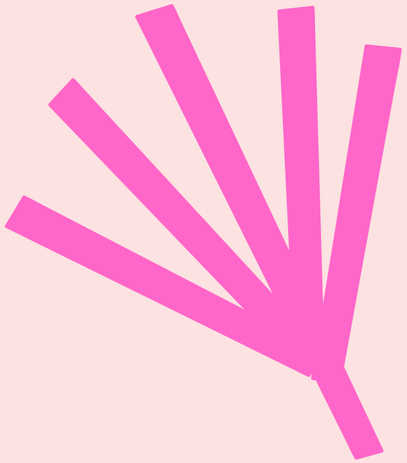
YOU ARE SOMEONE WORTH CELEBRATING AND GOING THE EXTRA MILE FOR.

Celebrating

YOU MIGHT NOT KNOW THIS, BUT YOU'VE MADE QUITE A LOT OF PEOPLE HAPPY.



THAT'S BECAUSE YOU'RE SIMPLY AWESOME — A BEAUTIFUL PERSON INSIDE AND OUT.



YOUR PRESENCE HAS THE POWER TO EASE AND UPLIFT.

Ease *Uplift*

YOU'VE TOUCHED SO MANY LIVES WITH YOUR LOVE AND KINDNESS.

HERE'S HOPING
ALL THE LOVE YOU
GIVE OUT COMES BACK
TO YOU TENFOLD.

Tenfold

THE WORLD IS A HAPPIER PLACE BECAUSE OF PEOPLE LIKE YOU.

MAY YOU ALWAYS
BE REMINDED OF JUST
HOW WONDERFUL YOU ARE.

AND MAY EVERYONE AROUND YOU FIND WAYS TO ALWAYS MAKE YOU FEEL LOVED AND APPRECIATED.

Loved

THANK YOU FOR SIMPLY BEING *You*.

SENDING YOU LOTS OF LOVE THIS VALENTINE'S DAY!

LOVE ALWAYS,

Heather

February Tone-it-Up

WEEK 1 CONFIDENCE CLUB + CLICKABLE WORKOUTS

FEB 1 - FIND YOUR MOTIVATION, FUEL THAT MOTIVATION AND DO SOME EXERCISES TO STRENGTHEN YOUR CONFIDENCE: **Suggested workout click here**

FEB 2 - YOU CAN LEARN TO BE MORE CONFIDENT THROUGH EXERCISES, SKILLS AND HABITS. THIS IS A PROCESS. EVERYONE HAS AREAS WHERE THEY WANT TO BECOME MORE CONFIDENT, AND IT ALL BEGINS WITH A DECISION TO START AND DO THINGS DIFFERENTLY: **Suggested workout click here**

FEB 3 - APPLY WHAT YOU READ IN DAY 1 AND DAY 2. THIS IS A BIG DEAL! DESPITE ANY FEELINGS OF DOUBT, YOU DID SOMETHING A LITTLE SCARY AND ARE INVESTING IN YOURSELF. THIS COULD BE A MAJOR TURNING POINT IN YOUR LIFE. IF YOU COMMIT TO DOING THINGS DIFFERENTLY, YOU CAN CHANGE THE WAY YOU THINK! KEEP UP YOUR CALENDAR, IT'S A BIG DEAL! TODAY IS AN IMPORTANT DAY! **Suggested workout click here**

FEB 4 - APPLY WHAT YOU'VE LEARNED SO FAR - GO BACK AND RE READ DAYS 1+2, THIS IS A PROCESS. EVERYONE HAS AREAS WHERE THEY WANT TO BECOME MORE CONFIDENT AND IT ALL BEGINS WITH A DECISION TO START AND DO THINGS DIFFERENTLY. CONFIDENCE IS LEARNED THROUGH ACTS OF COURAGEOUSNESS. **Suggested workout click here**

FEB 5 OBJECTIVE: COMMITMENT: UNDERSTAND HOW OUR TONE BABES ARE CONFIDENTIAL, NO PITY PARIES, NO NEGATIVE LABELS, CREATE AND LIVE BY A PERSONAL MANTRA AND LOOK AT IT ONCE A WEEK, BE OPEN AND HONEST WITH YOURSELF, WE ARE HERE TO SUPPORT EACH OTHER. **Suggested workout click here**