BEV'S GUIDE TO GORGEOUS

The Gorgeous Longevity Check-In

Take a quiet moment for yourself. Jot down a few words beside each pillar.

Nourish Which meal would I like to make a little more nourishing?

Move What kind of movement would I look forward to this week?

Restore What helps me settle down at the end of the day?

Regulate When I feel stretched thin, what helps me pause?

Think What would I enjoy learning or trying?

Connect Who would I like to make time for?

Purpose What deserves more room in my week?

Protect Which everyday care habit would I like to make easier?

Which pillar will you focus on this week?

What's one small step you'll take?

Live Longer. Live Stronger. Live Gorgeous.