

GLOW

Embrace Body
Confidence and Self-
Acceptance

Feel comfortable and
confident in your own skin
by embracing your body
and accepting yourself fully

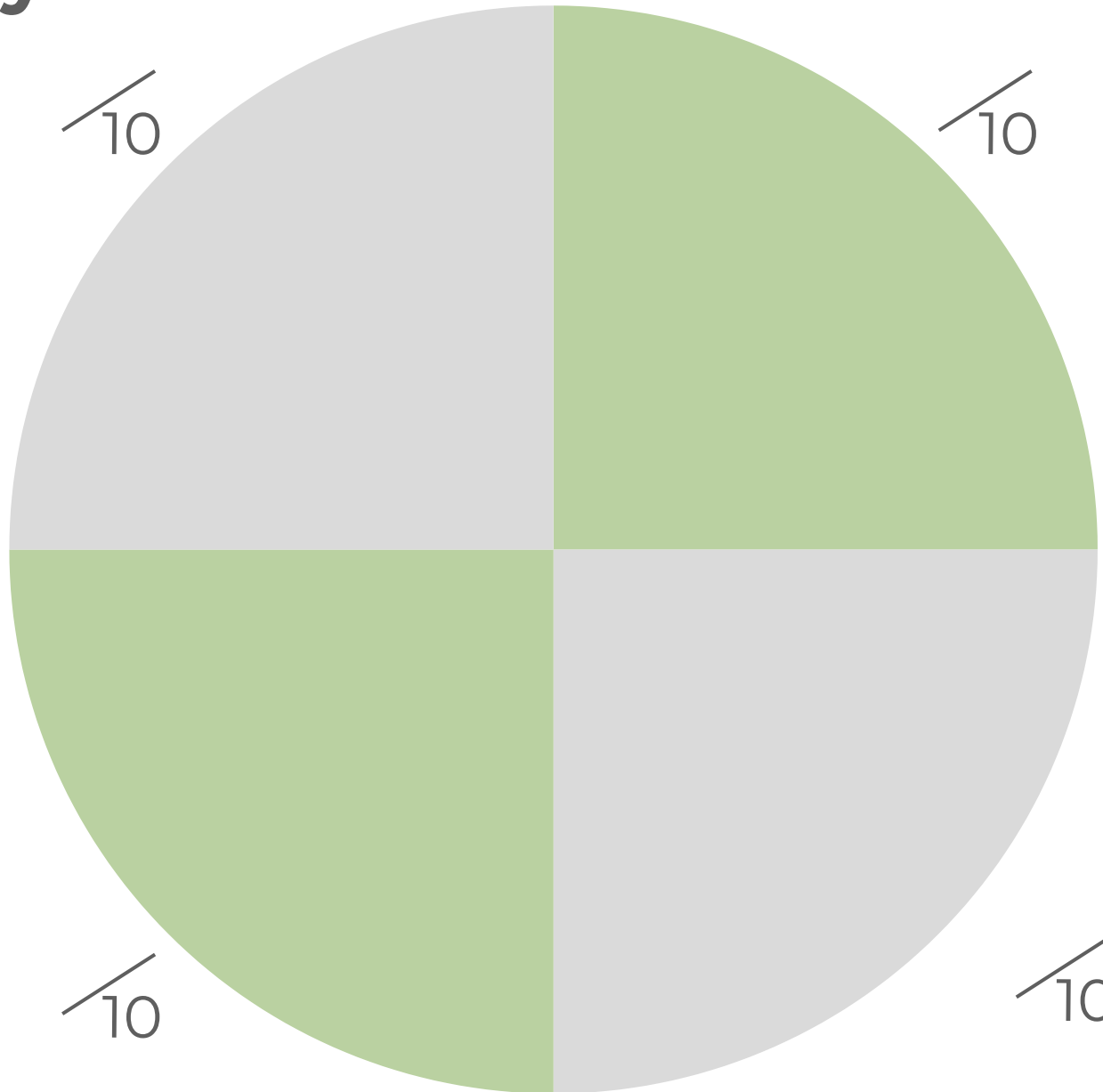


www.k-taylor.com

The Real Health

Physical

Emotional



Mental

Social



The Recipe to You



Talk to Your Critic

My Insecurity:

My inner critic says:

But I know this is untrue because

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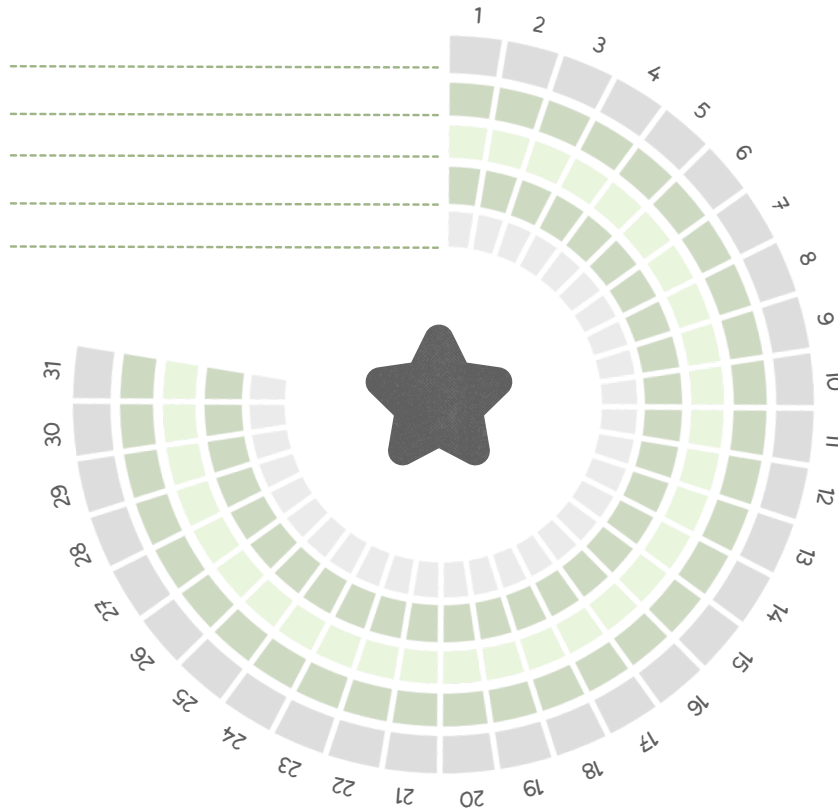
My inner critic says:

But I know this is untrue because



Care for Yourself

Daily Habits



Weekly Habits

Habit	W1	W2	W3	W4

Monthly Habits

☐	
☐	
☐	

